2024

Volume 23 第二十三輯

紅楓傳奇

Chinese Canadian Legend

關愛共融締傳奇

Love and Harmony

2024年度紅楓傳奇人物

趙叔榮　傑出社會企業家兼慈善家
鍾芳婷　全球最優秀女科學家前列
伍冰枝　從難民到總督
關麗蓮　隱忍勇士
劉永凱　照進人心的一束光
劉丕　心臟權威推動心腦互連科研



Chinese Canadian
Legends Association
紅楓傳奇協會
榮譽出版及發行

紅楓傳奇
Chinese Canadian Legend

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LOVE AND HARMONY

關愛共融締傳奇

Chinese Canadian Legend 2024

presented by

Chinese Canadian Legends Association

Honourary Patrons

The Honourable Dr. Vivienne Poy

The Honourable Dr. Philip Lee

Organizing Committee Co-Chairs

Dennis Au-Yeung

Alexandra Ngan

Selection Committee Chair

Stanley Kwan

Editorial Committee Chair

Stephen Siu

Operation Committee Chair

Glenn Chan

President

Bammy Wong

Secretary

Viola Poon

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PRIME MINISTER · PREMIER MINISTRE

August 17, 2024

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the 23rd Chinese Canadian Legends Association Award Gala.

This event provides a wonderful opportunity to pay tribute to outstanding Chinese Canadians for their contributions to their communities and to our nation as a whole. I would like to congratulate everyone being honoured tonight. Your many accomplishments make you most deserving of this special recognition.

I would also like to thank the Chinese Canadian Legends Association for its commitment to fostering fellowship in the community. Canada is truly a multicultural nation, made stronger and more resilient by our diversity.

Please accept my best wishes for an enjoyable evening.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada

贺辭
Greetings





中华人民共和国驻多伦多总领事馆
The Consulate General of the People's Republic of China
240 St. George Street, Toronto, Canada M5R 2N5 Tel: 416-964-7260 Fax: 416-324-6468

贺 辞

值此2024年"红枫传奇"颁奖典礼举办之际，我谨代表中华人民共和国驻多伦多总领事馆致以热烈祝贺！

长期以来，加拿大华侨华人秉承中华民族优秀传统，扎根当地、干事创业，在各行各业取得突出成就，为加拿大经济社会发展和中加友好作出重要贡献。

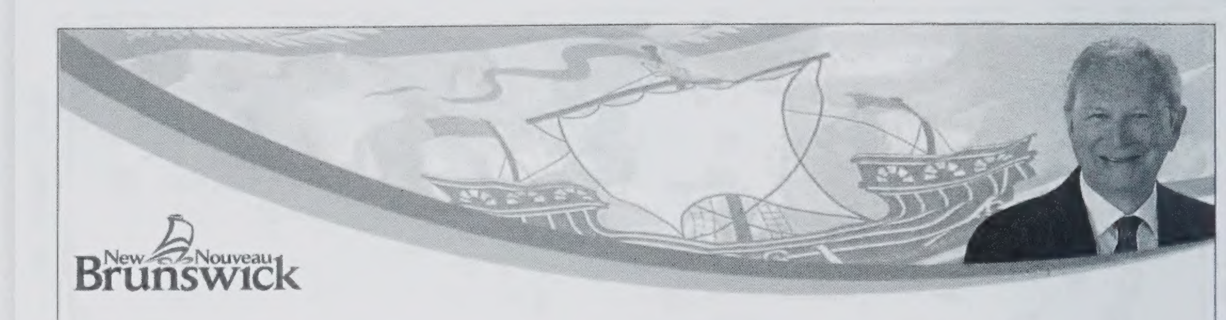
"红枫传奇"协会倡导的积极自强精神持续为加拿大华人社区注入正能量。相信获奖者的榜样力量将激励更多后来者勇毅前行，书写更多华人励志传奇故事。

祝2024年"红枫传奇"奖圆满成功！

中华人民共和国驻多伦多总领事

2024年7月8日





Viola Poon
Secretary, CCLA
violakaka@gmail.com

Dear Friends:

On behalf of the Government of New Brunswick, it is with great pleasure that I congratulate you on the occasion of the 23rd Anniversary of the Chinese Canadian Legend Award. I would also like to extend my sincere compliments to this year's honourees.

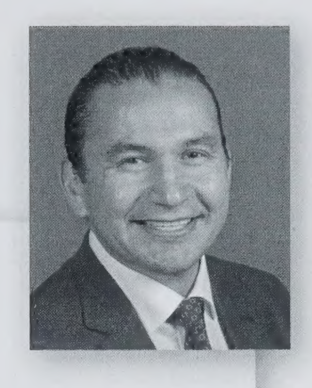
Thank you to the Asian Business Network Association for its relentless efforts over the past 23 years to recognize, celebrate and honour Chinese Canadians who have made significant contributions to Canada and the global community through outstanding achievements in their respective fields.

Congratulations to each of this year's honourees and thank you for inspiring others by embracing the qualities of leadership, compassion, and excellence.

Sincerely,

Blaine M. Higgs







PREMIER OF MANITOBA

Legislative Building
Winnipeg, Manitoba R3C 0V8
CANADA

A MESSAGE FROM THE PREMIER

On behalf of the Government of Manitoba, it is my great honour to bring greetings to the 23rd Chinese Canadian Legend Award Gala.

Manitoba is proud to have a strong Chinese community with a rich history in our province. The Chinese Manitoban community is a deeply valued part of our social, economic, political and cultural fabric.

The Chinese Canadian Legend Award is a wonderful way to recognize outstanding Canadians who are members of the Chinese community. I want to offer my sincere congratulations to all this year's honourees. On behalf of all Manitobans, thank you for your contributions to Canada. I wish you all a joyful evening of celebration.

The Honourable Wab Kinew
Premier of Manitoba







Premier of Saskatchewan
Legislative Building
Regina Canada S4S 0B3

A Message from the Premier

On behalf of the Government of Saskatchewan, I am pleased to welcome everyone attending the 2024 Chinese Canadian Legend Award Gala.

The Asian Business Network Association has worked to recognize outstanding role models through the Chinese Canadian Legend Award. This event celebrates and honours Chinese Canadians who have made, and continue to make, important contributions to Canada and the world through significant achievements in their respective fields. More than 100 individuals have received this prestigious award since 2000, and I join you in commending the latest recipients for their commitment, vision, and community involvement.

Thank you to the Asian Business Network Association for their long-standing efforts in organizing this annual event. Thank you also to the presenters, volunteers and sponsors, without whom this event would not be possible.

Welcome to all and best wishes for a memorable evening.

Scott Moe
Premier





MESSAGE FROM THE PREMIER OF ALBERTA

On behalf of the Government of Alberta, it is my pleasure to send greetings to the 2024 Chinese Canadian Legend Award Gala.

These awards are a wonderful way to recognize outstanding individuals and their inspiring contributions to Canada and the international Chinese community. Our diverse society thrives because of their big dreams and hard work, in every field of endeavour, and I am grateful for the many ways each of this year's Legends have helped build our peace and prosperity. Congratulations to all of the honourees and their families.

Thank you to the Chinese Canadian Legends Association for promoting the achievements of Chinese Canadians, and to all those who helped make this evening of celebration possible.

Best wishes,

Honourable Danielle Smith, Premier of Alberta





MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

LOVE and HARMONY

Hate doesn't heal pain, LOVE does;
Hostility doesn't resolve conflict, HARMONY does.

Canada is a multicultural country which embraces diversity, equity and inclusion.
We respect people from different cultures and appreciate each other's heritage.
During this time of increasing conflicts and instability,
we need love and harmony to help build a better world for us and for the generations to come.

Through the Chinese Canadian Legend Award,
we pay tribute to Chinese Canadians who have not only overcome adversity
and distinguished themselves in their respective field,
but have also made remarkable contributions to our community and our country
with love and harmony.

May we be inspired by the amazing stories of the Chinese Canadian Legend award recipients.
Together, we champion a more loving and harmonious world.

關愛共融締傳奇

世界局勢動盪飄搖，社會缺乏安全感，暴力頻生。
生活在這人際關係冷漠疏離的年代，
願大家都能以愛為本，攜手建立一個關愛共融的和諧世界。

顏惠霞律師
籌委會共同主席
Alexandra Ngan
Organizing Committee Co-Chair



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

It is my great honour to co-chair the Organizing Committee of the Chinese Canadian Legend Award again this year.

The Chinese Canadian Legend Award was created in 2000 to recognize members of the Chinese Canadian community for their outstanding contributions locally, globally and within their communities. To-date, 136 deserving individuals have been recognized by the Chinese Canadian Legends Association (CCLA) and their stories have been featured in 22 books.

Each year it becomes increasingly more difficult to select six recipients of this award when there are so many deserving individuals. Tonight, we are proud to share the stories of the 2024 Chinese Canadian Legend Award recipients and celebrate their achievements and successes.

Each of these 2024 Chinese Canadian Legend Award recipients may have a unique story, but it is their resilience and selfless contribution to their profession and community that unites them and distinguishes them as outstanding role models for the Chinese Canadian community.

The theme of this year's event is "love and harmony", and it is my continued hope that we will all be united in our effort to foster a more loving and harmonious environment now, and for future generations.

In closing, I would like to thank the many committee members and volunteers who contribute so much of their time to ensuring that the Chinese Canadian Legend Award is a success year-after-year. Your continued efforts have made the Chinese Canadian Legend Award one of the most prestigious and influential awards within our community.

Dennis Au-Yeung
Organizing Committee Co-Chair



MESSAGE FROM CHAIR OF SELECTION COMMITTEE

The Chinese Canadian Legend Award is privileged to be broadly recognised year after year as one of the distinguished symbols of service excellence in Canada. This prestigious award is bestowed annually on Chinese Canadians who have made tremendous contributions to our communities and who will also set as examples for others to follow their footsteps.

For 2024, many nominations were received from across the country from various community leaders and volunteers. We thank them all for their continued support of this program.

Upholding the critical values of integrity, impartiality, thoroughness, and confidentiality, the Selection Committee comprising 22 members diligently studied and reflected on this year's award nominees and their unique life experiences which enabled their extensive contributions to society in the local community, or our country, or globally. The use of concealed nominee names, and an independent auditor who scrutinized the selection process, ensured objectivity through the process and compliance with our diversity and inclusion policy. We trust the confidence from stakeholders in our selection process has been maintained.

In this book, the amazing stories of this year's six award recipients are told. These six community leaders, being our precious role models, hope their actions will inspire and motivate many others around them to similarly pursue a path of making this a better world for everyone. This is particularly important in today's environment.

Stanley Kwan, FCPA, FCA, MBA
Chair Selection Committee



MESSAGE FROM THE PRESIDENT

There has never been a time I did not take pride in reminiscing how the Chinese Canadian Legend (CCL) Award got inaugurated by a group of visionaries sharing their hopes and dreams - the hopes and dreams for Chinese Canadians to be recognized as part of Canada's unique and glorious multicultural history.

Now into our 23rd year, there has never been a theme more fitting than "Love and Harmony" to highlight the spirit behind our vision for the Award. By embracing love and harmony, we draw upon resources from different communities, create meaningful connections, foster multilateral understanding, and in turn promote harmony with diversity in our multicultural society.

Through the years, the Award itself has reached beyond the goal of bringing to forefront the achievements and contributions of Chinese Canadians. It also embodies the triumph of human spirit in overcoming barriers due to adversities, conflicts or constraints presented in a personal, cultural or universal context. Within a multicultural context, CCLA has developed a unique role in nurturing love and harmony among different communities, crossing boundaries and generations to explore new ways of working together in face of changing environments and social needs.

As this year's awardees would add to our impressive assembly of exemplary figures who represent such a triumph, we will continue to carry forward our long-standing vision and mission with relentless support from our advisory committee, previous Award recipients, as well as our dedicated team of volunteers who would reach above and beyond to put together the most prestigious Award and spectacular Gala.

By coming together, we shall celebrate and regenerate the journey we share as Canadians along the path of history. May our stories and legacy be an inspiration for the generations to come!

Bammy Wong

President
Chinese Canadian Legends Association



MESSAGE FROM CHAIR, EDITORIAL COMMITTEE

Now Our Minds Are One

In the 23-year-long history of the Chinese Canadian Legend Awards, we have an award recipient of Chinese and Cree heritage this year. This woman is from a small town in Saskatchewan who was bullied in her childhood and who once tried to hide her Cree identity. We are calling her our "Quiet Warrior".

Her story reminds me of the Haudenosaunee (Iroquois or Six Nations) prayer that gives thanks for life and the world around us. It is an ancient message of peace and appreciation of Mother Earth and her inhabitants: People everywhere are embraced as family. Our diversity, like all wonders of Nature, is truly a gift for which we are thankful. The prayer teaches mutual respect, love, and generosity – something we all can learn from.

By coincidence, when I was exploring the historic town of Prescott a week ago, I found part of the prayer written on a graffiti wall – "We put our minds together as one and thank all the Birds who move and fly about over our heads. The Creator gave them beautiful songs. Each day they remind us to enjoy and appreciate life…."

Our cycles of life continue. We'll have more to give and more to share, contributing to our community, our country and our world. We have been given the duty to live in harmony with each other and all living things. Mother Earth gives us all that we need for life. We should continue to support and cherish each other with love, just as Mother Earth nurtures us. There is a Chinese saying: "We are in the same boat; we should help each other." We should strive to practice "Love and Harmony". For the same reason, that is why this is the theme of this

year's award ceremony. It is this harmony that makes us stronger.

Thousands of years ago, Chinese carved the character "He和", which means harmony, on tortoise shells, and Confucius expounded the philosophical concept of "harmony without uniformity". This means that while the world is replete with differences and contradictions, we should seek balance to achieve harmony. It encompasses the idea of conscientiousness, concordance, peacefulness, and gentleness.

Harmony is foundational in Confucianism, emphasizing balance, social order, and virtuous living. We share the same message with the indigenous teachings -- respect and appreciate nature; achieve harmony and cooperation among different segments of the society, with each other, and most importantly, within oneself.

So now, we hope that we are bringing our minds together as one. Thank you.

「愛」為美、「和」為貴！愛與和諧是社會發展的基石，是讓我們遠離矛盾與冲突的力量，通過互助合作、相互包容，心靈相通，才能使社會的脉搏跳動，我們才可以共同創造一個溫馨的社會、和平的世界。

只有愛與和諧，才能使世界的萬物生長。這是個永恒的主題，是人類共同追求的目標。

Stephen Siu
Chair, Editorial Committee

紅楓傳奇協會
CHINESE CANADIAN LEGENDS ASSOCIATION

Advisory Committee

Honourary Chair:	Honourable Dr. Vivienne Poy
Honourary Advisor:	Honourable Dr. Philip Lee
Advisors:	Sunny Ho Dr. Arthur Lau Lusan Li Dr. Ying Lu Kenny Wan

Board of Directors

President	Bammy Wong
Secretary	Viola Poon
Treasurer	William Ip
Directors	Angela Lam Stella Li Marianne Siu Camilla Tong Teresa Tsui Connie Woo



The mission of Chinese Canadian Legends Association (CCLA) is to promote and facilitate intercultural understanding and mutual respect for diversified communities; to promote and recognize the achievements and strengthen the contributions of Chinese Canadians.

It was established in 2019 to carry on the work of Asian Business Network Association (ABNA) in organizing the Chinese Canadian Legend Award. In 2000, ABNA initiated the Award to recognize and honour Chinese Canadians who have attained outstanding achievements and significant contributions to our global community and Canada.

With the acknowledgment, participation and support from awardees and community over the years, the Award itself has become one of the most prestigious, influential and distinct awards. Taking into consideration well-meaning suggestions and the nature of the Award being more literary than business-oriented, CCLA was formed to dedicate to its own cause.

Each year, award recipients receive accolades with the presentation of an award at the Award Gala and their inspiring stories are published in the Chinese Canadian Legend book series.

This collection of books is being kept in the Richard Charles Lee Canada-Hong Kong Library at the University of Toronto, as well as the libraries at University of Ottawa, University of British Columbia, Simon Fraser University, University of Victoria, McGill University and most universities in Hong Kong.

歷屆紅楓傳奇人物

AWARD RECIPIENTS

Chinese Canadian Legend 2000 - 2023

2023

何浩楷	Chester Ho
梁德威	David Leung
林風雲	James Lin
蒲育惠	Jenny Pu
丹尼爾・關-沃森	Daniel Quan-Watson
李本婣	Sue Tang

2022

陳林瑞玲	Arlene Chan
吳振紅	Chan Hon Goh
梁立安	Danny Leung
盧少峯	Selwyn Lo
譚詠詩	Theresa Tam
黃明亮	Lenny Wong

2019

陳琛儀	Sam Chan
關志恒	Keith Kwan
關永添	Tim Kwan
李亮漢	Robert Lee
岑穎幹	Dominique Shum-Tim
武冰	Bing Wu

2018

陳飛鵬	Gabriel Fai Pond Chan
章曼慧	Angela Man-Wei Cheung
勵文灝	Irwin Li
黃黎浣纖	Susan Wong
胡元豹	Yuen Pau Woo
余瑞心	Winnie Yu

2017

陳家諾	Arnold Chan
陳聖源	Shaun Chen
何鴻毅	Robert H. N. Ho
許湯娛英	Shirley Hoy
李治平	Chi Ping Lee
施永輝	Benson Sy

2016

何志立	Sunny Ho
鄺國雄	Alan Kwong
郭清華	Annie Kwok
黎瞻遠	Jim Yuan Lai
劉聚富	Arthur Lau
鮑胡嫈儀	Teresa Woo-Paw

2015

陳秀蘭	Helen Chan
張明瑞	Thomas Chang
陳漢忠	John Chen
顏質燦	Chit-Chan Gunn
侯伯治	Alec Hou
李秀梅	Ida Li

2014

覃潤瓊	Grace Chum
黃思聰	Stephen Hwang
黎全恩	David Chuenyan Lai
林重慶	Victor Ling
吳慶華	Royson Ng
源植勉	Peter Yuen

2013

陳志勳	Tung Chan
郭劍民	David Kuo
梁斐生	David Liang
吳祖	Joseph Ng
伍雋雄	Justin Poy

2012

周志明	Chi-Ming Chow
余嶽興	Joseph N.H. Du
李焯芬	Chack Fan Lee
李安邦	Jack Lee
蕭錦榮	Michael Siu
黃嘉勝	Albert Wong

2011

郭詠觀	Jason Kwok
彭純	Chun Peng
徐立之	Lap Chee Tsui
巫柏齡	Gordon Moe
蘇凌峰	Stanley So
楊龍寶娟	Judy Yeung

2010

李紹麟 Philip Lee
李金艷 Jinyan Li
路明光 Mingguang Lu
伍衛權 Neville G. Poy
黃永忠 Andrew W. Wong
周松年 Songnian Zhou

2009

陳萬華 M. K. Luk Chan
蔣羅婉笙 Audrey Chiang
邱映明 James Chiu
馮翁惜卿 Mina Yung-Fung
利德蕙 Vivienne Poy
蕭顯揚 Stephen Siu

2008

陳偉才 Glenn Chan
李趙素芳 Lusan Li
陸春雲 Frank Luk
何國慶 Gary Ho
盧英 Ying Lu
蔣薇 Amy Tjen

2007

張培德 Peter Pai-Tak Chang
洪嘉良 Collin Hong
李廖淑英 Maggie Suk Ying Lee
麥德華 Tak-Wah Mak
莫樹錦 Tony Shu Kam Mok
溫建業 Kenny Wan

2006

許志榮 John C. Hui
吳永光 Nelly Ng
黃綺銖 Judy San
徐惠芬 Viginia Tsui

2005

歐陽健昌 Dennis Au-Yeung
古偉凱 Tony Ku
封賴桂霞 Cynthia Lai
林鳳輝 Fung Fai Lam
梁健文 John Leung
伍啟榮 Albert Kai-Wing Ng

2004

陳慧 Emillie Chan
張德龍 Peter Cheung
鄺雷翠玲 Bernice Louie Kwong
文錫輝 John Man
朱碧芳 Rita Tsang
韋秀嫻 Winnie Wei

2003

方君學 Johnny Fong
張明達 Ming-Tat Cheung
劉秉純 Benson Lau
梁渙釗 Allen Leung
梁顯平 Albert H. P. Liang
顏惠霞 Alexandra Ngan
蘇家俊 Ron So
黃陳慧文 Agnes Chan Wong
黃陳曼麗 Florence Chan Wong

2002

馮紹傑 Ambrose Fung
關保衛 Stanley Kwan
賴德梧 Tak Ng Lai
羅志勤 Michael Lo
麥朝彥 Andre Mak
黃朱珍妮 Jenny Wong

2001

陳志尚 Jimmy Chan
伍卓生 Hughes Eng
黎炳昭 Michael Lai
李基傑 Ki Kit Li
林立 Don Lim
徐惠芳 Teresa Tsui
黃家海 Joseph Ka Hoi Wong
袁海耀 Alexander H. Yuan

2000

陳淑煥 Agnes Chan
方黃慧蕾 Alice Fong
高張愛絲 Alice Ko
陸郎毅 Helen I. Lu
王裕佳 Joseph Y. K. Wong
黃振聲 Phoebus Wong
黃志華 Tony Wong
阮啟剛 John Yuen

Themes of Chinese Canadian Legend since 2007

2007 緣繫加港締傳奇
It's all in "The Spirit"
Whenever the Spirit Glows, the Legend Grows

2008 憑愛心締傳奇 賦生命予意義
Where there is Love, there is Life

2009 點燃希望締傳奇
Illuminate Hope

2010 乘風破浪覓理想 情繫楓橋締傳奇
To Bridge……

2011 明德格物締傳奇
A Man without Virtue is like A Candle without Light

2012 摘星圓夢締傳奇
Wish upon a Star
Make your Dreams come true

2013 鼓舞人生締傳奇
Drumming up the Spirit of Life

2014 鳳凰展翅締傳奇
Phoenix Reborn, the Legacy Goes on……

2015 活出彩虹締傳奇
Over the Rainbow, the Legend Glows

2016 華麗轉身締傳奇
Change with Change to Succeed

2017 情繫家國締傳奇
Our Country, Our Legends

2018 你我同心締傳奇
You and Me - Let's Make Legends Together

2019 紅楓精神永延續 跨越廿載締傳奇
Into a new era, on with the Legends

2022 泰然處逆懷希望 以愛為綱締傳奇
Life goes on, Love wins all

2023 堅毅造福締傳奇
Cherish and Share Our Blessings

2024 關愛共融締傳奇
Love and Harmony



趙叔榮博士
Dr. Wayne Chiu

作者：黎曉玫

Writer: Terri Lai

高瞻遠矚的社會企業家兼慈善家

趙叔榮博士：這個獎項不僅是對我個人人生歷程的肯定，也是對全國加籍華人之貢獻和成就的慶賀，別具意義。它提醒我們，社區、文化承傳以及堅毅精神的重要性。相信若果我們共同努力，當能塑造更包容和多元化的社會。讓我們繼往開來，堅定不移，促進團結，珍惜我們寶貴的文化遺產，並激勵年青一代，致力追尋夢想。

從賣雪糕到追尋建築夢

紅楓傳奇人物趙叔榮博士，在加拿大商界和慈善界享負盛名，他回憶起在香港童年生活時說：“當時我們很貧困，像普羅大眾一樣。我住在人口稠密的黃大仙區政府公屋。為維持生計，父親勤勞地工作，但他每逢出糧日，也不忘寄錢回中國接濟親友。”

常言道：得人恩果千年記，得人花戴萬年香。勤勞堅韌，施贈回饋等價值觀，他早年就放在心上，加上他自身的經歷和面對的挑戰，都成為了他日後人生之旅和營商成功的重要基石。

1980年，趙叔榮在曼尼托巴大學機械工程系畢業後，曾回香港從事建築業。1982年他到卡加利的一家工程公司工作。1984年因經濟衰退被裁員後，很難找到工作。他把個人危機轉化為機遇，在卡城市中心的美食廣場購買了一個賣雪糕的攤檔。

賣雪糕令他有親身體驗，如何經營自己的生意。他是個內

向的人，透過與顧客的日常交流，培養了溝通技巧。一買一賣的互動，也讓他清楚地意識到，自己不想賣雪糕，而是渴望加入商業圈，因此他在一年後就把雪糕檔賣掉。

1987年，他回歸到工程建築業，與合夥人創立了一家裝修工程公司。他天生有企業家精神，又喜愛創新，促使他其後勇闖住宅建築的領域。他當時的夢想，是開一家不僅只是建造房子的公司，而是一家能為社區增添活力的建築公司。

社企精神　行善致富

趙叔榮的成長期和開始從商的階段，正是皮埃爾・杜魯多出任加拿大總理的時期，杜魯多倡導的多元文化主義政策，強調平等和包容。這政策對他影響深遠，令他心底有強烈的共鳴，並啟發了他對未來的願景。

當其他商人追求成功，只管向錢看時，他的目標卻與眾不同：他希望自己的生意，要對社會產生積極正面的作用。他十分嚮往社會企業精神，遂於1992年創立 Trico Homes。其公司從最初只建造單一房屋，逐漸壯大，現已甚具規模。

Trico Homes 的成立，不僅標誌著趙叔榮從商生涯的重要時刻，也是卡城商業歷史的重要里程碑。他以創新思維，為住房建築的本質重新作出定義，注入了社區參與、可持續性和社會責任的原則。他的願景充份體現在其公司的核心價值：信任、尊重、誠信、社區和機會。

在分享營商哲學時，趙叔榮表示，他熱衷於實踐和推廣“Doing Well by Doing Good”的理念，他稱之為“行善致

富”。於他而言，真正的成功，是透過為他人和社區的福祉作出貢獻來實現。他將社企精神付諸行動：提供可負擔住房已成為公司核心業務的一部份，因他想確保更多人有機會有安身之所。這不是他必須做的事，而是他選擇去做的事。

堅韌果敢　靈活應變　鞏固社區夥伴關係

談到幾十年來的無數挑戰，趙叔榮回憶道，90年代赤手空拳打入住宅建築業最具挑戰性，因要取得用於建造房屋的土地，極之困難。眼見傳統的途徑全都受阻，他遂改變策略：投資社區開發。這決定令他得以踏足建築界，並使其公司能夠與社區和其他建築商建立牢固的關係。

在他英明領導下，Trico Homes 現已發展為卡城五大建築商之一，成就顯赫，盡顯其公司對質素，創新和社區參與均有高要求。成功之道乃建基於堅固的夥伴合作關係，並且對其所服務的社區有充份了解。

另一重要項目是與 Chiniki Nation 合作，為該原住民區的家庭重建家園，因2013年卡城嚴重水災，該區有159間房屋損毀。重建工程完成後，不但解決了當前急務，還促成了雙方長期合作的夥伴關係：旨在為該社區的經濟注入新動力和創造就業機會，如再生能源項目和發展 Chiniki 文化中心等。

近年新冠病爆發，疫情嚴峻亦帶來巨大挑戰：公司管理層當時須當機立斷，迅速應對員工和客戶的健康安全關注，同時應付供應鏈中斷、勞工短缺及因疫情而衍生的很多棘手問題。在這困難時期，務必要找到可行方法持續營運，並繼續為需要住房的人士提供房屋。

此外，趙叔榮還致力推動提升卡城長者的生活質素。Trico LivingWell 的成立，旨在為長者提供有活力和支持足的社區，確保長者能夠獲得高質素的照護和便利設施。另外，位於唐人街的 Clover Living 則是另一例，因應社區文化需求不一，從而適切地提供不同的住房方案。在這方面，他也不遺餘力。數十年來，面對眾多挑戰，趙叔榮和其團隊本着行善致富的理念，堅守核心價值，靈活應變，堅韌果敢，與夥伴並肩同行，難關遂一一跨過，甚至遇強越強，並務求為社區帶來正面的影響。

開展企業慈善事業……源於經歷海嘯之頓悟

2008年，趙叔榮與妻子兼商業夥伴 Eleanor 共同創立了慈善基金會"Trico Charitable Foundation"。啟發此意念的源頭追溯到2004年，公司人員在泰國退修團建時，遇上海嘯災難。當大水淹至，趙叔榮攀上大樹避災時，目睹滿目瘡痍，他有所頓悟：為解決社會問題，商人該擔當甚麼角色。其後遂決心運用企業智慧和資源，本着社企精神，回饋社會。該基金會透過策略投資、合作夥伴關係和倡議，成為一股推動力量，為教育、醫療保健、扶貧和環境可持續發展等迫切社會問題作出貢獻；並對其他致力收窄貧富懸殊的社企所提出的商業模式，予以支持。他們高瞻遠矚，努力不懈，不僅改變了無數人的生命，也激勵他人，為追求更公平更美好的社會而努力。

普及教育一直是該基金會慈善事業的核心，因趙叔榮深信學習是社會流動和賦權的催化劑。2014年 Bow Valley College 以趙氏命名的商學院 The Chiu Business School 揭幕，開啟了他重視和支持教育的新篇章。歷年來，他在卡城社區幾乎每一個角落，都留下了無價的印記。

趙叔榮因其卓越成就而獲得多項榮譽：包括2015年榮獲加拿大員佐勳章，以及2018年獲亞伯達卓越榮譽勳章。他獲讚揚為加拿大最受敬佩的首席執行官，並榮獲亞伯達商業名人堂終身成就獎，最近還榮獲曼尼托巴大學和皇家山大學授予的名譽法學博士學位。這些榮譽不僅反映了他的專業成就，還映照出他對加拿大社會的深厚貢獻。

在所有成就中，他和 Eleanor 的三個孩子 … Patrick、Leah 和 Elliot … 位居榜首。作為日理萬機的公司總裁，忙碌之餘，他十分珍惜與家人共度的時光，包括旅行和遠足的機會。

念念不忘，必有迴響。

趙叔榮深信回饋力量，他說：“我們不僅在建造房子，我們正在建立積極變革的承傳，這承傳是深深植根於我們的歷史和價值觀中。”他認為企業和社會是可以携手實現共同目標，遂以嶄新方式，重新定義了企業在社會的角色；他也是身體力行的行動派，用心推動慈善事業和社區發展。

趙叔榮博士的歷程，說明了個人若有理想有使命感，加上奮力發揮一己的小宇宙，是可以激起無限潛能，並在他周圍的世界，留下積極變革不可磨滅的印記。



Wayne and Eleanor Chiu celebrate Christmas 2023 with their family: children Patrick, Leah, and Elliott, along with Leah's husband Jason and Patrick's wife Yeji.



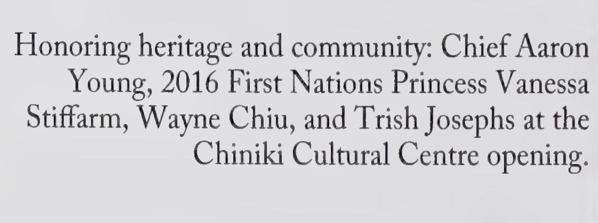
Wayne Chiu and the Trico team support Neighbourlink with volunteer efforts after the 2013 Calgary floods.



Celebrating a national honour: Wayne Chiu with Governor General David Johnston during his induction into the Order of Canada in 2015.



Wayne Chiu and the Trico team at the 2019 groundbreaking ceremony of Kingsland Junction, marking the start of a new commerci residential rental, and senior's housing development.



Honoring heritage and community: Chief Aaron Young, 2016 First Nations Princess Vanessa Stiffarm, Wayne Chiu, and Trish Josephs at the Chiniki Cultural Centre opening.





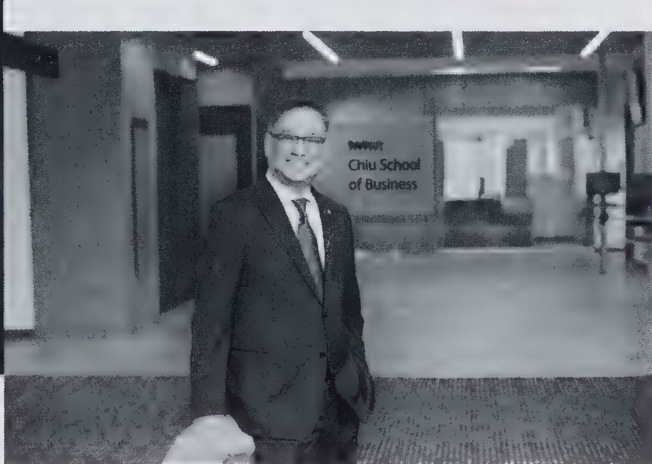
Breaking new ground: Wayne Chiu at the Delaney affordable housing project ɛremony, celebrating the start of a crucial initiative for affordable housing.



Celebrating a milestone: Wayne Chiu with Lt.-Gov. Lois E. Mitchell during his induction into the Alberta Order of Excellence in 2018.



ɛanor, Wayne, and Patrick Chiu celebrate he impact of their family's $5M gift that established the Trico Foundation Social Entrepreneurship Centre.



Wayne Chiu stands proudly in front of the Chiu School of Business at Bow Valley College, following his generous $3M donation.



ne Chiu addresses the audience at the versity of Manitoba as he receives his orary Doctor of Laws degree in 2022.



Wayne and Eleanor Chiu proudly receive their honorary Doctor of Laws degrees from Mount Royal University in 2024.

Visionary Social Entrepreneur and Philanthropist —Dr. Wayne Chiu

"This award is not just a recognition of my personal journey but also a celebration of the contributions and achievements of Chinese Canadians across our country. It is a profound reminder of the importance of community, heritage, and the enduring spirit of perseverance. It underscores the significant impact that our collective efforts can have in shaping a more inclusive and diverse society. As we continue to build on the legacies of those who came before us, let us remain committed to fostering unity, embracing our cultural heritage, and inspiring future generations to reach for their dreams."

From Ice Cream Stand Owner to Homebuilder

Dr. Wayne Chiu, a revered figure in both the Canadian business and charitable sectors, recalls his childhood days in Hong Kong: "We were very poor, as were many others at that time. I lived in a government housing apartment in Wong Tai Sin, a densely populated area; all were working very hard to earn a living then."

He was deeply influenced by his father's attitude towards dealing with people. Wayne recalled that his father never forgot to send money back to China to support his relatives every time he got his paycheque.

Wayne learned the values of resilience, hard work, gratitude, and giving back not only from his father's example but also from the challenges and experiences of his early life. These principles were fundamental in shaping his journey and successes.

After graduating with a Mechanical Engineering degree from the

University of Manitoba, Wayne returned to Hong Kong in 1980 to work as a construction engineer. Arriving in Calgary in 1982, he found work with an engineering company. When he was laid off in 1984, it was difficult for him to find work due to the recession. He turned his personal crisis into an opportunity by purchasing a small ice cream stand in a food court in downtown Calgary. There, he gained first-hand experience running his own business. As an introvert, he developed valuable communication skills through daily conversations with customers. This interaction also helped him realize that he would rather join the business crowd than serve them ice cream, so he sold the store a year later.

In 1987, he returned to his construction roots and launched a renovation company with a partner. His innate entrepreneurial spirit and passion for innovation propelled him to venture into the realm of homebuilding, where he envisioned a company that would not only construct houses but also cultivate vibrant communities.

Doing Well by Doing Good

Growing up and entering the business world during Pierre Trudeau's tenure as Prime Minister, Wayne was significantly influenced by Trudeau's policy of multiculturalism, which emphasized equality and inclusivity. This policy resonated deeply with him and inspired his vision for the future.

While others focused on monetary success, his goal was to make a positive impact on society. His passion for social entrepreneurship guided him when he founded Trico Homes in 1992. Trico started small, but has grown substantially over time.

The inception of Trico Homes marked a significant moment,

not only in Wayne's career but also in the history of Calgary's business landscape. Wayne set out to redefine the very essence of homebuilding, infusing it with principles of community engagement, sustainability, and social responsibility. This vision is manifested in the core values of Trico Homes: Trust, Respect, Integrity, Community, and Opportunity.

While sharing Trico's philosophy, Wayne said he is keen to practice and promote the concept of "Doing Well by Doing Good," achieving true success by contributing to the well-being of others and the community. He puts social entrepreneurship into action: affordable housing has become part of Trico's core business. The company is ensuring that more people have the opportunity for shelter. It is not something they need to do but something they choose to do.

Resilience, Adaptability and Community Partnerships

Speaking of the numerous challenges in the past few decades, Wayne recalled that breaking into the home building industry in the 90s was particularly challenging, as he had great difficulty getting access to land to build homes on. Noting that traditional routes were blocked, his strategy was to invest in community developments. This decision allowed him to gain entry into markets that were otherwise unwelcoming and enabled Trico to build strong relationships with the communities and other builders.

Under Wayne's leadership, Trico Homes has grown to become one of Calgary's top five builders. This remarkable growth is a testament to the company's commitment to quality, innovation, and community engagement. Trico's success is built on a foundation of

strong partnerships and a deep understanding of the communities they serve.

Another significant project was working with the Chiniki Nation to rebuild homes damaged after the devastating floods in Calgary in 2013. This collaboration not only addressed immediate needs but also fostered a long-term partnership aimed at creating positive economic impacts for the community. Trico Homes restored 159 homes and later expanded the partnership to include initiatives like a Renewable Energy Project and the development of the Chiniki Cultural Centre, creating employment and fostering community pride.

During the COVID-19 pandemic, Trico had to quickly pivot to address the health and safety concerns of their employees and clients while managing supply chain disruptions, labour shortages, and other difficulties that arose due to the pandemic. It was crucial to find ways to continue their operations and provide people with homes during this difficult time.

Wayne also spearheaded initiatives to enhance senior living in Calgary. Trico LivingWell was established to create vibrant and supportive communities for older adults, ensuring they have access to high-quality care and amenities. Additionally, Clover Living in Chinatown is a testament to Wayne's commitment to providing culturally appropriate housing solutions that meet the diverse needs of the community.

These experiences highlight the importance of resilience, adaptability, and the value of community partnerships. Through each challenge, Wayne and Trico Homes have demonstrated a steadfast commitment to doing well by doing good, reinforcing their core values and ensuring positive impacts on the communities they serve.

Corporate Philanthropy - Building a Legacy of Positive Change

Trico Charitable Foundation, which Wayne founded in 2008, alongside his wife and business partner Eleanor, stands as a testament to their unwavering commitment to social welfare. The inspiration for this foundation came during a corporate retreat in Thailand in 2004 when a catastrophic tsunami hit. As Wayne clung to a tree, witnessing the devastation below, he had an epiphany about the role of business in solving societal problems. This experience led to the creation of the Trico Charitable Foundation, focusing on social entrepreneurship to leverage business acumen and resources for the greater good.

Through strategic investments, partnerships, and initiatives, the Foundation has become a driving force in addressing pressing social issues such as education, healthcare, poverty alleviation, and environmental sustainability. It supports social entrepreneurs who have business models aimed at closing gaps in society.

Their visionary approach and tireless dedication have not only transformed countless lives but also inspired others to join in the pursuit of a more equitable and compassionate society.

Wayne's advocacy for accessible education has been a cornerstone of his philanthropic endeavors, reflecting his belief in the transformative power of learning as a catalyst for social mobility and empowerment. The unveiling of the Chiu School of Business at Bow Valley College in 2014 demonstrates his steadfast contributions to education.

He has made an invaluable mark on virtually every corner of the Calgary community.

Wayne has been recognized for his remarkable accomplishments

through various honours: including a Member of the Order of Canada in 2015 and an appointee of the Alberta Order of Excellence in 2018. He has been celebrated as Canada's most admired CEO, he has received the Alberta Business Hall of Fame Lifetime Achievement Award, and most recently, he was bestowed with an Honorary Doctorate of Law from both the University of Manitoba and Mount Royal University.

These accolades reflect not only his professional achievements but also the profound impact he has had on the social fabric of Canada.

Of all Wayne's accomplishments, he and Eleanor's three children --- Patrick, Leah and Elliot --- top the list. Wayne values the time with his family, including the opportunity to travel.

As a strong believer in the transformative power of giving back, Wayne remarked "We are not just building houses, we are building a legacy of positive change, deeply rooted in our history and values".

From his pioneering efforts in redefining the role of business in society to his unwavering commitment to philanthropy and community development, Dr. Wayne Chiu's journey is a testament to the limitless potential of individuals to effect positive change and leave an indelible mark on the world around him.



鍾芳婷教授
Professor Frances Chung

作者：黎曉玫
Writer: Terri Lai

麻醉科菁英
全球最優秀女科學家排名前列

在80年代，鍾芳婷教授是安省多倫多大學醫療網絡University Health Network 首位華裔女麻醉師。2023年，她獲大學醫療網絡頒發“年度發明家大獎”，是歷來首位加籍華人女科學家獲此大獎，亦是第二位女性得獎人。2022年和2023年，Research.com 將鍾教授列入全球最優秀女科學家的首千名。在2023年，她獲納入加拿大全國最優秀女科學家首三十名，是名單上唯一的華裔女科學家。

獅子山下的女子　不畏艱辛　堅苦卓絕

當鍾芳婷只有四歲半時，家中突生巨變，皆因噩耗傳來：當天哭成淚人的媽媽對她說，你爸爸走了。原來任職消防隊長的爸爸，夜半在荔枝角區救火後，再進入災場視察，怎料圍牆突然塌下。33歲的他，英勇殉職。

鍾松柏是香港開埠以來首位消防局隊長因公殉職，其殯禮備極哀榮。執紼送殯者千多人，沿途圍觀致哀的市民多達數萬人。鍾隊長遺下26歲的年輕寡婦黃秀峰和四名子女：芳婷是長女，她還有分別是三歲和兩歲的妹妹，而最小的弟弟三天前才剛慶祝滿月。

鍾芳婷憶述童年時説，港府其後也有發放撫恤金，但款額很少，每月只收到政府發放港幣$120，生活拮据，捉襟見肘。他們不得不搬出消防局的家庭宿舍，幸好外婆收留了她們一家，她們與外祖父母及四位舅舅姨姨同住，她記得每晚都是睡在客廳地上的一塊木板上。居住環境雖然擠迫，但是總算有

容身之所，很是感恩。本來是家庭主婦的母親即時身兼父職，扛起全家的重擔，為謀生辛勞打拚。她因學歷不高，只能在戲院做售票員和在餐廳做收銀員，早出晚歸，“晚”是指時近午夜。雖然住在同一屋簷下，由於母親每月只休息一天，姊弟們一個月才有機會見到媽媽一次，樂聚天倫，彌足珍貴。眼見母親克勤克儉，胼手胝足地幹活，只為求子女專心讀書成才，姊弟們都不負厚望，懂事爭氣，勤奮好學，長大後一門數傑。

鍾母不畏艱辛的精神，在鍾芳婷身上可見一斑。即使生活貧困，她也不以為苦，堅毅努力地學習，成功考獲政府獎學金升讀中學，課餘經常當補習老師，以幫補家計。在聖保羅男女中學畢業後，她以優異成績入讀香港大學醫學院，當年取錄的120名醫科生中，只有15名女生，可謂天之驕“女”。品學兼優，為弟妹樹立良好榜樣。

成為優秀科學家不易 成為優秀華人女醫生科學家更難

港大醫科畢業後，鍾芳婷專攻麻醉科。結婚後不久，她移居加拿大，於新環境下努力不懈，在多倫多大學取得麻醉科駐院醫生，麻醉科專科及教授資格，之後更成為多倫多西區醫院麻醉科系主任。

在80年代，身為安省多倫多的大學醫療網絡首位華裔女麻醉醫生，她現仍清楚記得，有病人得知是華裔女醫生負責為他麻醉後，要求更換麻醉醫生，但她決心仍為這位病人提供最專業的醫療服務，結果手術相當成功。為了更佳地應付有時遇到的偏見和歧視，她早年更特別選修一些自信訓練課程，學習在尊重他人的同時，也更堅定自信地表達自己的想法。

除醫院的臨床工作外，她也勇闖醫療科研，致力多年後，成就斐然。此外，她在培育醫學人才方面亦不遺餘力，堪稱桃李滿天下。濟濟群英，在學術和醫療界各顯所長，其中七位在世界著名大學任職正教授；還有很多任職教授、副教授、助理教授和醫務顧問。

鍾芳婷現任多倫多大學醫學院麻醉及痛症科教授，也是大學醫療網絡之 ResMed 研究主席。她迄今發表了逾400篇同行審議的論文，也經常在本國和國際地區醫學會議發表演説，其中包括獲邀演講數百次。

她的科研項目主要是：睡眠窒息症和認知功能障礙。由她領導的大學醫療網絡及西乃山醫院研究團隊，在這方面的研究，在本國和國際醫學界均甚獲重視。她和團隊成功爭取了80多項資助項目，累計獲得超過1,200萬的研究經費。她的其中一項研究“麻醉後出院前評分系統”，讓病人在手術後，詳細評估分析，才安排出院，以策安全。這系統獲全球醫院廣泛採用，並已納入英格蘭國民保健署的全國電子紀錄系統。

傑出女科學家　奪發明家大獎

2019年，鍾芳婷榮獲麻醉科與睡眠醫療協會頒發終身成就獎，以表揚其豐碩的學術成就，出色的領導才能及在病人安全的範疇所作出的卓越貢獻。2023年，她憑藉一項名為“STOP-Bang Tool”的研究，獲大學醫療網絡頒發年度發明家大獎。在過去數年，這項研究已為大學醫療網絡帶來近300萬元版權費，版權費收益則用以資助大學醫療網絡的其他科研項目。

大學醫療網絡是加拿大最大的醫療研究機構，自2003年

開始頒發“年度發明家大獎”，旨在鼓勵科研人才以醫學發明為改善人類健康作出顯著的貢獻，也為病人的生命和生活質素帶來裨益。迄今共有30位科學家獲得這項大獎，鍾芳婷是歷來首位加籍華人女科學家獲獎，亦是第二位女性得獎人，同時也是加籍華人科學家中第四位得獎人。上次加籍華人獲獎已是逾10年前，由麥德華教授奪得。

患有睡眠窒息症的病人，其實大多數不知道自己患有這嚴重的問題，當他們在手術後用了止痛葯（例如鴉片類藥物），或會引起缺氧，繼而導致腦受損，甚至死亡。採用 STOP-Bang Tool，則可在手術前預先篩查出患有睡眠窒息症的病人，找出隱患，從而降低風險，令醫療人員提供最適切的醫療安排。因效果良佳，已為全球很多醫院採用，改善了對病人的照護，甚至拯救生命。在其他醫學範疇亦獲廣泛採用，甚至美國太空總署在篩選太空人候選人時也採用此工具。

世界各地從事科研的專才不知凡幾，估計大約一千萬人。Research.com 於2022年和2023年，將鍾芳婷列入全球最優秀女科學家的首一千名（由為數166,880名人選中選出）。在2023年，她獲納入加拿大全國最優秀女科學家首三十名，是名單上唯一的華裔女科學家。取得如此佳績榮譽，可謂實至名歸。

科研的要訣 尋找黑天鵝

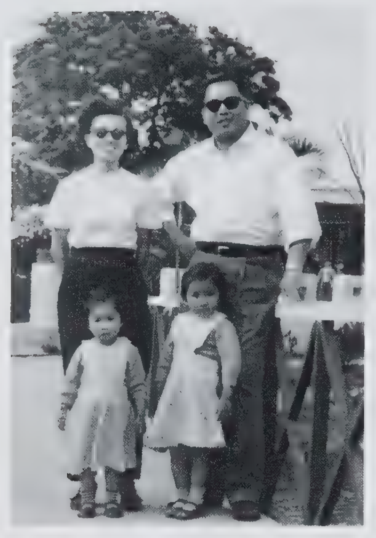
回顧一己科研之路時，鍾芳婷説，起初並沒有前輩提燈引路，只靠自己用心觀察，大膽嘗試，累積經驗，不屈不撓地摸索前行。

問及她科研的成功要訣，她說：懷抱好奇心，尋找黑天鵝吧！當身處湖中，吸引大部份人目光的都是白天鵝，因為白天鵝為數眾多。但罕見的黑天鵝，則很多時被人忽略。

她和丈夫 Tony 育有三名子女：Jonathan, Gordon 和 Joyce，家人相親相愛緊密維繫，週末和假期也多一起度過。她多年來工作時間很長，生孩子放產假難免會影響研究進度，產假後要很努力才能追回進度，恨不得有三頭六臂。早年幸得母親協助照顧小孩。Tony是約克大學教授，時間安排較為靈活。母親辛勤操持的大愛，啟迪她的心靈；丈夫的支持和鼓勵，成為她最強的後盾。

她未言休未言退，雖減少臨床工作，但仍孜孜不倦地做研究和講學，充滿親和力和正能量的她，現時最享受與她的碩士生和博士生做認知功能障礙的科研。工餘她喜歡園藝和與丈夫跳社交舞，亦十分重視家庭團聚，喜見九名小孫兒圍著大家團團轉，感受一代人與一代人樂聚的福份。

鍾教授謙恭地說：有幸成為醫生，並透過科研和教學，培育本地和國際地區的麻醉醫生人才，有機會為醫學知識領域作出貢獻，很是感恩。這一切一切，都是上帝的恩典。


With parents

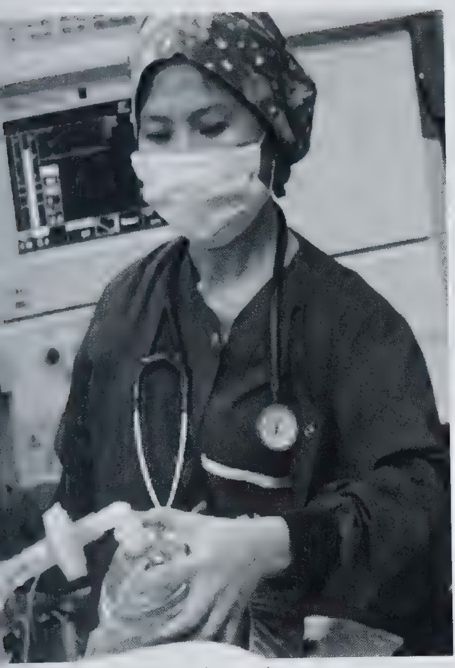

Four years old


Ballroom dancing with husband Tony


With children and grandchildren


With mother, siblings and spouses

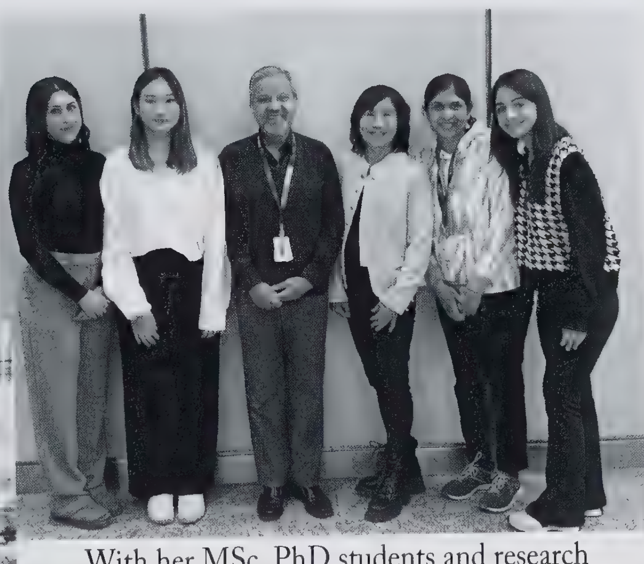

Chung Family



Giving Anesthesia



With research collaborators and team 2018



With her MSc, PhD students and research coordinator



ResMed research chair appointment 2018



Receiving UHN Inventor Award 2023

UHN Inventor of the Year Award 2023

Ranked among the World's Top Best Female Scientists – Professor Frances Chung

In the 1980s, Professor Frances Chung was the first Chinese Canadian female anesthesiologist at the University Health Network (UHN) in Toronto, Ontario. In 2023, she was awarded the "Inventor of the Year" by UHN, the first Chinese Canadian female scientist and the second female scientist, to win this award. In 2023, she was ranked among the top 30 best female scientists in Canada and the only Chinese Canadian on the list. In 2022 and 2023, Research.com ranked her among the top 1,000 best female scientists in the world.

The Spirit of Lion Rock Lives On

When Frances was only four and a half years old, something tragic happened in her family. One morning her mother woke her up and in tears told Frances that her father was gone. Her father, a Hong Kong Fire Services captain, died heroically at the age of 33, when a building collapsed after a fire in the night.

Chung Chung Pak was the first fire captain to die in the line of duty in Hong Kong. Over a thousand people marched in his funeral procession, while tens of thousands of citizens paid their respects along the way. He left behind a 26-year-old widow, Wong Shau Fung, and four children in desperate circumstances. Frances was the eldest daughter, with two sisters aged three and two, and her youngest baby brother had his one-month-old celebration dinner only three days before.

Frances said the Hong Kong government provided a widow's pension at only HK$120 a month. They had to move out of the Fire Services family quarters, and in with their grandparents and four uncles and aunt. The four children slept on a board on the living room floor. Despite crowded living conditions, they had a roof over their heads, and they were very grateful.

The burden of raising four young children rested entirely on her mother 's shoulders. She strived to make a living, toiling at low paying jobs for years. She would leave early in the morning and come home late, before midnight. Although they lived under the same roof, they only saw their mother once a month, on the one Sunday that she had off every month. "I saw that my mother was very hard-working and frugal", Frances said. Despite great difficulties, the children lived up to their mother's high expectations, and all grew up to be outstanding citizens.

Her mother's resilience, perseverance and hard-working spirit can be seen in Frances. Even though she lived in poverty, she did not feel miserable. She persevered and obtained a government scholarship for high school, often working as a tutor after school to help support her family. After graduating from St. Paul's Co-Educational College, she enrolled at the University of Hong Kong's Medical School with excellent marks. Among the 120 medical students admitted that year, there were only 15 female students.

Not Easy to Be a Top Scientist; Even Harder to Be a Top Chinese Canadian Female Scientist

After graduating from Medical School, Frances specialized in

anesthesia. Shortly after her marriage, she moved to Canada. With unremitting efforts, she did her anesthesia residency and fellowship at the University of Toronto (U of T), and later became the Chief of the Department of Anesthesiology at Toronto Western Hospital.

As the first female Chinese anesthesiologist at UHN in the 1980s, she sometimes faced discrimination at the hospital. She still remembers vividly how one patient asked for another anesthesiologist after he found out a Chinese female doctor would be administering the anesthetics. Despite his request, Frances was determined to provide the best care for him, and the operation went well. To fortify herself against such prejudices and discrimination, she took two assertiveness training courses in those early years.

In addition to clinical work in the hospital, she also ventured into medical research. After many years of dedication, she has achieved remarkable results. She is especially interested in nurturing medical talents. Seven of her past students are currently full professors at world renowned universities, while many others are professors, associate professors, consultants in academia, public or health care practice, contributing their knowledge and skills.

She is currently a Professor in the Department of Anesthesiology and Pain Medicine at U of T's Faculty of Medicine and the ResMed Research Chair at UHN. She has published more than 400 peer-reviewed papers to date and lectured at national and international conferences hundreds of times.

She has been a part of over 80 successful grants, accumulating over $12 million in peer-reviewed research funding, and leads a multidisciplinary team at UHN and Mount Sinai Hospital

to conduct research in the areas of sleep apnea and cognitive impairment.

An example of her work is the development of the “Post-Anesthetic Discharge Scoring System”, enabling patients to undergo detailed assessment for their safe discharge after day surgery. This Scoring System has been adopted worldwide and incorporated into the national electronic records system of the United Kingdom National Health Services in England.

Outstanding Female Scientist Wins Inventor Award

In 2019, Frances was given “The Society of Anesthesia and Sleep Medicine Lifetime Achievement Award” for her academic accomplishments, outstanding leadership and distinguished service to patient safety. In 2023, she won the UHN Inventor of the Year Award for her development of the “STOP-Bang Tool”, which generated nearly $3 million in copyright fees for funding other research at UHN in the past few years.

The Inventor of the Year Award was initiated in 2003 and recognizes researchers at UHN whose medical invention has made a substantial and noteworthy contribution leading to a healthier world, impacting patient lives and their quality of life. Since then, a total of 30 researchers have been recognized at UHN. Frances is the first Chinese Canadian female scientist, the second female scientist and the fourth Chinese Canadian scientist to win this award. The last Chinese Canadian recipient of this award, Professor Tak Mak, won it more than ten years ago.

Many patients with sleep apnea are unaware that they have this serious medical condition, and when they are treated with pain medication (such as opioids) after surgery, it could result in hypoxia which in turn could cause brain damage or even death. Using the STOP-Bang Tool, pre-screening can be performed to identify patients for risk of sleep apnea, so that health care providers can tailor and optimize their peri-operative care.

With proven good results, this Tool has been adopted by many hospitals around the world, improving patient care and saving lives. Its use has been expanded to other fields of medicine. Even NASA(National Aeronautics and Space Administration) is using this Tool in the astronaut recruitment process.

In 2023 Frances was ranked among the top 30 best female scientists in Canada and was the only Chinese Canadian scientist on this list. In 2022 and 2023, she was ranked among the world's top 1,000 best female scientists (among 166,880 profiles) by Research.com. This top ranking is extremely difficult to attain, given that there are an estimated 10 million research scientists in the world.

The Key to Research: Looking for Black Swans

Looking back on her research path, Frances says that at first, there was no mentor to guide her, and she had to rely on her own observations, try boldly, accumulate experience, and move forward unyieldingly. As for her key to success in research, she gives this advice: Be curious and look for black swans! When there are many white swans in the lake, most people will focus on the white swans and miss seeing the rare black swan.

She and her husband Tony have three children: Jonathan, Gordon and Joyce. They have a loving and close-knit family, spending a lot of weekends and vacations together. She has worked long hours for many years, and taking maternity leave after giving birth inevitably affected her research progress. After each maternity leave, she had to work very hard to catch up with her work. In those early years, she was fortunate to have her mother live with her and help take care of the children. Tony is a Professor at York University and has a flexible schedule. She finds her mother's enduring love inspiring, while her husband's staunch support is her strongest backing.

Although she has reduced her clinical work in recent years, she still works tirelessly on research and lectures. With her amiable and positive energy, she enjoys working with her MSc and PhD students on cognitive impairment research. In her spare time, she loves gardening and ballroom dancing with her husband. She also likes to organize family gatherings and is delighted to have her nine young grandchildren around. "This is intergenerational blessings," she reflects.

Frances says humbly, "I am honored to be a research scientist and to nurture local and international students through research and teaching. As an anesthesiologist, I am very grateful for the opportunity to contribute to the advancement of knowledge in medicine. All are God's grace."



Official Protrait

伍冰枝前總督
The Right Honorable Adrienne Clarkson

作者：金綺文

Writer: Annie Qiwen Jin

從難民到總督：
伍冰枝的加拿大傳奇

伍冰枝是獨一無二的。她的經歷看似矛盾重重卻獨特而吸引人：她和家人在排華法案仍有效的1942年來到加拿大，卻得以留下甚至很快融入當地生活；她是一位女性主義者，因離婚後不得不保留前夫姓氏悔恨不已；她生於亞熱帶的香港，卻在冰天雪地的加拿大北方地區找到她的「根」；記者和政治人物往往被視為「對立的兩極」，她卻兩度在這兩種角色中自如切換……但所有矛盾在她的個性和成就中都得到了合理解釋，也正是這些矛盾的經歷，塑造了與眾不同的伍冰枝。

「特殊難民」

伍冰枝的父親伍英才在澳洲出生，19歲時去中國尋親。他英語流利，但只會說一點台山話，且他感覺當時的中國大陸正在走下坡路，所以選擇英屬殖民地香港定居。憑藉雄心壯志、充沛精力和聰明才智，他在加拿大駐香港貿易辦公室找到工作。在香港他結識了當地名門望族林家，並於1934年與林美娥結婚。婚後生下伍衛權和伍冰枝兄妹。

1941年日軍進攻香港，伍英才投身香港義勇軍參加了香港保衛戰，林美娥則和母親帶着孩子們東躲西藏。在日軍佔領的香港艱難熬過半年後，他們一家搭乘紅十字會為撤離盟軍國民而安排的戰俘交換船隻離開香港。

1942年八月，三歲的伍冰枝和家人一起抵達紐約，然后乘火車北上至加拿大，在渥太華安頓下來。

林美娥出身香港買辦世家，到她這一輩已是第五代聖公會信徒。因而他們一家初抵渥太華就受到當地教會關照。教友們得知他們從香港逃亡而來，在戰火中失去了所有，對他們非常同情，並傾力相助。伍英才靠着在香港時與加拿大貿易委員會建立的聯繫，很快就在加拿大貿易部找到一份職員工作。熱情的鄰居孩子和教友門主動陪同伍冰枝和哥哥去上學。

「新加拿大人」

伍英才夫婦都説一口流利英文（林美娥在英文高中畢業時已完成大學預科課程），香港的朋友把他們介紹給在加拿大的親友，後者熱心地帶着他們熟悉本地狀況，融入當地生活。他們一家經常搭乘街車去石崖公園或布列塔尼亞沙灘郊遊、野餐。曾經一切都習慣有傭人照顧的林美娥學會了操持家務，甚至為了給加拿大朋友們做中餐多次跑去一家中餐館觀摩學習。

伍冰枝回憶説，他們遇到的加拿大人都非常友善。「某種程度上，我們[在當地人眼裏]有種新鮮感，」伍冰枝説。這種「新鮮感」讓伍冰枝得到很多善意的關愛，她從未有過被排斥和歧視的經歷。直到上高中，她才知道有《排華法案》這回事。

二戰後加拿大接收了大量難民。伍冰枝的同學中有來自愛沙尼亞、波蘭、德國等國的難民，她和他們都成了好朋友，也

成為擁有多種文化背景的一代「新加拿大人」。文化多樣性的理念深深植根於她的信仰中。

文學與演講

伍冰枝在學校的成績一直非常優秀。從五歲起她就是個「書蟲」。那時她每兩周去一趟渥太華兒童圖書館借書，回家就如饑似渴地閱讀。她原以為會像哥哥一樣去麥吉爾大學學學醫，因為她在數學、科學等學科總能拿到滿分，而她也樂得其所。然而11年級的一位老師改變了她的人生軌跡。

利斯加高中的沃爾特・曼老師在伍冰枝眼裏是「最了不起的人文主義者」。他不僅燃起伍冰枝心中對文學和哲學的熱愛，還鼓勵和幫助她練習公眾演講。12年級時，伍冰枝在扶輪俱樂部舉辦的年度全市演講比賽中獲得第二名。曼老師覺得伍冰枝本應得到第一名，只因她不是男孩子才被評委刻意壓制。在他幫助下，伍冰枝鍛煉出優秀的即興演講能力，這也為她後來擔任電視主持人及擔任總督打下良好基礎。

曼老師對伍冰枝的影響遠不止學業方面。伍冰枝是從報紙上才得知曼老師在從教之外還活躍於政界，且是渥太華東區合作聯邦聯合會（新民黨前身）候選人，但他卻「從未在課堂上談論自己的政治主張和宣言」，他只是通過閱讀教授學生們去領會文學作品中的哲學理念，以及教給學生何為重要之事及如何做正確的事。

在曼老師影響下，伍冰枝申請了多倫多大學三一學院的英

語專業，並成功獲得獎學金。大學最後一年她榮獲總督頒發的英文文學獎，獲得文學士榮譽學位後又去巴黎索邦大學繼續研讀了三年，因而精通英法雙語。

傳媒明星

1965年，伍冰枝開始為 CBC 工作。最初她只是為一檔名為《Take 30》的節目做書評。幾個月後的一天，有人問她能否上該節目做一次訪談，她答應了。她覺得通過提問引導和展現受訪者的想法和個性是件特別棒的事，在採訪中她找到了使命感，並把採訪技巧視為一項重要技能。她説每當看到主持人按準備好的清單接連向受訪人提問時會感到很「惱火」，因為「那根本不是訪談，只能算記錄罷了」。

從那之後，伍冰枝開始在《Take 30》擔任共同主持。該節目每天下午播出，涵蓋從時事新聞到生活時尚的廣泛話題，諸如加拿大首次對婦女地位狀況的質詢以及是否應該讓被收養的人了解他們的親生父母等等，很多重大社會議題都由該節目率先做出報道。她在這個節目一待就是10年，獲獎無數並深深影響了加拿大人。如今看到自己當年倡導的許多東西現已成為人們習以為常的事，伍冰枝尤感欣慰。她一直把《Take 30》視為自己最喜歡的節目，每當有路人在街上停下來告訴她他們當年多喜歡看她的節目時，她總是感到很高興。

1974年伍冰枝創辦談話節目「Adrienne at Large」。她四處旅行，對加拿大豐富多樣的文化和社會議題進行報道，展示出記者的敏鋭和淵博學識。1975年她參與創辦并主持極富盛譽

的新聞調查節目《The Fifth Estate》。50年過去了，作為唯一一名尚在世的該節目創辦人，她仍無比驕傲。她還參與製作了以她名字命名的文化藝術節目《Adrienne Clarkson's Summer Festival》和《Adrienne Clarkson Presents》，自從25年前她主持了最後一期節目後，至今CBC都沒有能與之媲美的藝術類節目。

伍冰枝以大膽發聲和深入的採訪技巧聞名。在她的傳媒生涯中，她主持過3500多期電視節目，數次獲得電視從業者的最高榮譽，包括10項英語類和法語類的雙子座獎和唐納德・布列坦獎等等。她憑藉關於乳腺癌的紀錄片贏得國際艾美獎，該片揭示了一個影響眾多女性的痛苦主題，至今仍被人們銘記。

作為2014年CBC梅西講座的暢銷作者，伍冰枝出版過多部暢銷作品，包括《Belonging: The Paradox of Citizenship》，《Room for All of Us: Surprising Stories of Loss and Transformation》，自傳《Heart Matters: A Memoir》以及白求恩傳記《Extraordinary Canadians: Norman Bethune》等。

"一生最大遺憾"

然而當伍冰枝的名字變得家喻戶曉時，她的婚姻卻走到了盡頭。1975年伍冰枝離婚，但在離婚後保留了夫姓Clarkson。半個世紀後提及此事，她爽快地承認，當初保留這個姓氏的唯一原因就是 Adrienne Clarkson 這名字太有名。

她談及上世紀中期女性在婚姻中的地位：她結婚的那個年

代，女性必須依附於丈夫，不能自主在銀行開戶、獲取貸款等等。新人在教堂交換誓言後簽署結婚文件，那時「你（新娘）就已被冠以夫姓，沒有其他選項，也不可能改變結婚證書上的姓氏。」她倒也知道有些人後來真的合法改回了本名。但她感嘆從那個時代走到今天，「這一路相當不易」。

回顧往事，伍冰枝覺得「當年（離婚時）應該是有辦法改名的」，但她沒那樣做。作為一名女性主義者，她為當年這個決定「真心懊悔」，她說：「這大概是我此生最大的遺憾」。

外交和政治生涯

1982年伍冰枝被安大略省省長任命為安省駐巴黎的全權代表，成為當時少數擔任如此重要的外交職位的女性之一。得益於她流利的法語和對歐洲文化的深刻了解，她在這一外交角色中表現出色。

任職六年間，她將溝通技巧和媒體經驗轉換為高超的外交能力和創新策略，通過演講及文化交流活動鞏固了安大略省的國際形象，大大加強了安省與歐洲之間的貿易和文化交流。她在此職位上的成功也為她後來成為加拿大總督奠定基礎。

1999年，伍冰枝被任命為加拿大第26任總督，成為第一位擔此職位的少數族裔、華裔和第二位女性。總督歷來是個象徵性的職位，但伍冰枝行事風格富有活力，且注重包容性與文化理解，為總督府帶去一股現代的清新空氣。

她頻繁訪問各地，與社會各階層人士見面，舉辦和出席各

類社區和公眾活動，倡導藝術發展，赴駐外部隊慰問軍人，親自撰寫自己的演講稿，大大提升了總督府在民眾眼中的地位和好感，也給總督這一職位賦予新的意義。她離任時，加拿大軍隊破天荒地專門為她舉辦了一場盛大的告別儀式。

多元文化與國民融合團結

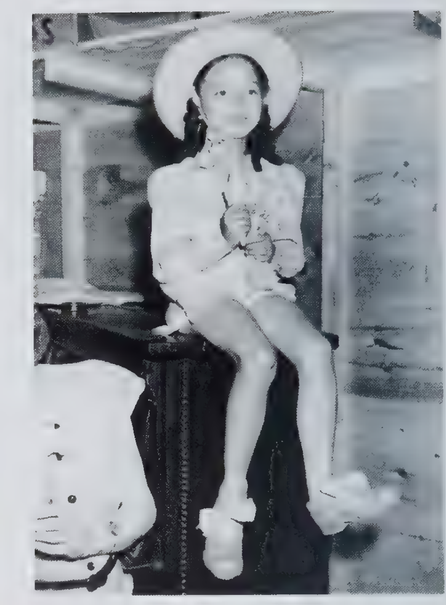
早年當記者時，伍冰枝就多次到訪過北方原住民聚居地。她覺得與原住民間有種特別的親切感，並歸之於「也許是外貌相似的緣故」。當她成為總督後，她努力搭建與原住民社區的溝通橋樑，促成與原住民間的和解。

「和原住民相比，我們都是新來者……我們在加拿大生活的根基其實與原住民和因紐特人緊密相連」，伍冰枝説，她希望將來人們提到她時，會記得她「熱愛加拿大、了解加拿大，並且將加拿大人團結在了一起」。

2006年伍冰枝與丈夫約翰・索爾共同創辦了公益組織加拿大公民學院（ICC），通過舉辦特別的入籍儀式以及各類文化和教育活動幫助新公民融入加拿大社會，倡導包容，促進國民融合團結。她説：「加拿大是多元的，也是獨特的。我們每個人都是其中的一份子。」

雖然伍冰枝的獨特經歷和成就無法複製，但她卻向世人展示，在加拿大，每個人都會經歷「蛻變」，並能夠到達自己的人生頂峰，書寫出個人獨特的加拿大式傳奇。

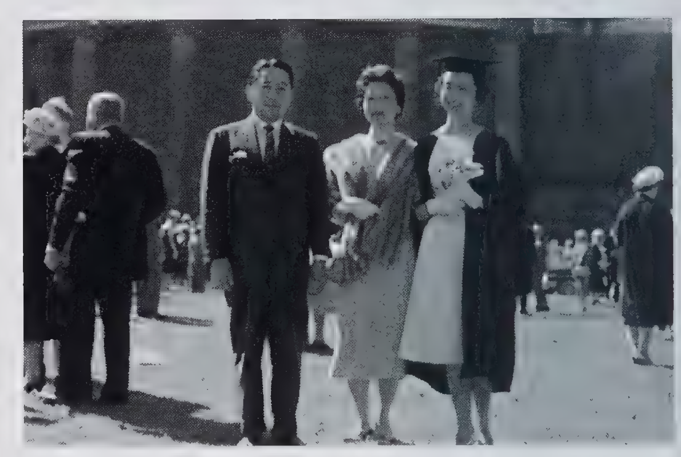




Childhood

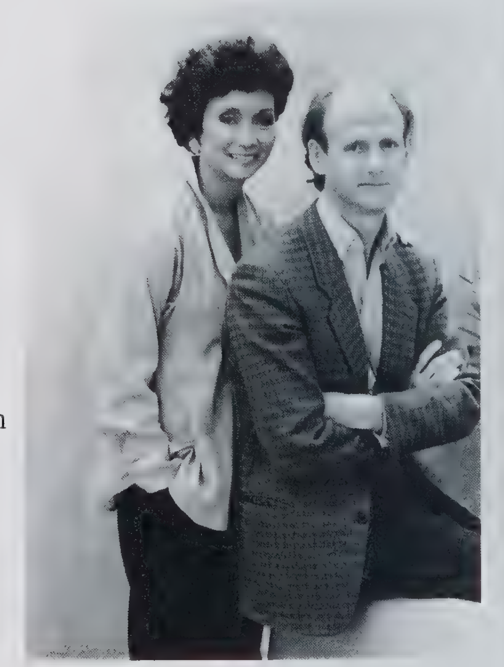


Young Adrienne



At University Graduation

With John





On "Take 30" television program







Interviewing on "Take 30" program



Agent General for Ontario in Paris



Governor General of Canada

From Refugee to Governor General
– Adrienne Clarkson's Canadian Legend

Adrienne Clarkson is truly exceptional. Her life experiences are filled with contradictions yet uniquely captivating: she and her family arrived in Canada in 1942. She did not even hear about the "Chinese Exclusion Act" until she was in high school! She is a staunch feminist and resents the fact that she had to retain her ex-husband's surname after their divorce. Although she was born in sub-tropical Hong Kong, she found the roots of her life in the northern reaches of Canada. She was an outstanding journalist for the CBC with a career of over 35 years in that demanding environment. When she became Governor General, she was above all politics and was the de facto Head of State. In her personality and achievements, these experiences have made the unique person who is Adrienne Clarkson.

The Special Refugees

Clarkson's father, William Poy, was born in Australia and went to China at 19 to try and find his roots. He felt that China was on a downhill trajectory and settled in Hong Kong which was a British colony and where he felt comforatble. English was his first language although he spoke a little Toisan dialect. And through his ambition, energy and intelligence, he secured a position at the Canadian Trade Commission Office in Hong Kong. There he met the Lam family and married one of their daughters, Ethel, in 1934. They had two children, Neville and Adrienne.

When the Japanese attacked Hong Kong in 1941, William, who was in the Hong Kong Volunteer Defence Corps, joined them immediately in the battle that raged for two and a half weeks. Ethel hid with her mother and her children. After living for six months under the stringent occupation of the Japanese military, the family left Hong Kong on a ship which was a unique part of an exchange organized by the Red Cross mainly to repatriate nationals who were

on the allied side.

They arrived in New York and in August 1942, took the train to Canada and settled in Ottawa.

Ethel Lam came from a comprador family in Hong Kong and was a fifth-generation Anglican. Upon their arrival in Ottawa, they were welcomed by the congregation at Christ Church Cathedral. Learning of their harrowing escape from Hong Kong and their losses in the war, the congregation and other friends showed great sympathy and support. Because of his former contacts with the Canadian Trade Commission, William quickly found a job as a clerk in the Federal Department of Trade and Commerce. Neighborhood children and friends who went to their church helped to do things like walking Adrienne and her brother to school.

"New Canadians"

William and Ethel's English proficiency (Ethel had completed her first year of university after her English senior matriculation) allowed them to communicate effortlessly with locals. Friends and relatives of the people they had known in Hong Kong actively helped them to know the ropes and become part of the larger community. The family took the streetcar to Rockcliffe Park and Britannia Beach for outings and picnics. Ethel, who was used to having servants, learned to manage household chores, learned to cook from her Canadian friends and even went to a Chinese restaurant on a number of occasions to learn how to cook Chinese food.

Clarkson recalled that the Canadians they encountered were very kind. "I think in a way, we were kind of a novelty," she said. This "novelty" brought her a lot of goodwill and she never experienced rejection or discrimination. She didn't know about the "Chinese Exclusion Act" until she attended university.

After World War II, Canada accepted a large number of refugees. Among Clarkson's classmates were refugees from Estonia, Poland, Germany, and other countries. She became good friends with them, forming a generation known as "new Canadians" with diverse cultural backgrounds. The idea of cultural diversity became deeply rooted in her beliefs.

Literature and Public Speaking

Clarkson consistently excelled in school. From the age of five, she was an avid reader, visiting the Ottawa Children's Library every two weeks to borrow books and devour them at home. She initially thought she would follow her brother to McGill University where he was studying medicine in order to study science, as she always scored top marks in subjects like math and science, which she thoroughly enjoyed. However, a teacher in her 11th grade year changed the course of her life.

Mr. Walter B. Mann at Lisgar Collegiate Institute was "the most wonderful humanist" in Clarkson's eyes. He not only ignited her passion for literature and philosophy but also encouraged and helped her practice public speaking. In 12th grade, Clarkson won second place in the annual city-wide public speaking contest organized by the Rotary Club. Mr. Mann believed she deserved first place but was deliberately held back by the judges because she wasn't a boy. With his guidance, Clarkson honed her skills in prepared and impromptu speeches, which later provided a solid foundation for her career as a television host and her role as Governor General.

Mr. Mann's influence on Clarkson extended beyond academics. Clarkson discovered through newspapers that he was active in politics, serving as a candidate for the Co-operative Commonwealth Federation (CCF, the precursor to the NDP) in Ottawa East. However, he "never, never made any political statements to us whatsoever", said Clarkson. Instead, Mr. Mann taught students

to understand the philosophical ideas in literary works through reading, and he emphasized the importance of knowing what matters and doing the right thing.

Under Mr. Mann's influence, Clarkson applied to Trinity College at the University of Toronto for an Honours English program and successfully received a scholarship. In her last year, she won the Governor General's Award. After graduating with an Honours Bachelor of Arts degree, she continued her studies for three years at the Sorbonne in Paris, becoming completely bilingual.

A Star in Journalism

In 1965, Clarkson began working for CBC. Initially, she presented book reviews for the daily program called Take 30. After she had been doing that for several months, she was asked if she would like to conduct an interview on the show and she agreed. Clarkson believes that skillful questioning to reveal the interviewee's true thoughts and personality is wonderful. She felt that she had found her true calling in interviewing and eliciting response from the people that she met. She sees interviewing as a profoundly important skill and says it rather "irritates" her when she sees people just asking a series of pre-prepared questions. She says: "it's not an interview, it's just a recording."

The program Take 30 which she joined in 1965, was a daily afternoon show covering a huge range of topics: from politics to lifestyle issues; from covering intensively Canada's first inquiry into the Status of Women to questions of whether or not adopted people should learn who their real parents were. The show pioneered many social issues and it makes her happy today to see that so many things that she championed are now taken for granted. Clarkson stayed with the program for ten years, during which she won a number of awards and made an impact on Canadians. To this day, she says that it is her favourite television program and she is always

delighted when people stop her in the street to say how much they enjoyed watching her then.

In 1974, Clarkson created her own talk show Adrienne at Large. She traveled extensively, reporting on Canada's diverse cultural and social issues, demonstrating her journalistic acumen and extensive knowledge. In 1975, she was the founding host of the prestigious investigative journalism program The Fifth Estate. Fifty years later, she is the only living founder of the program and she is very proud of it. She then went on to create Adrienne Clarkson's Summer Festival and Adrienne Clarkson Presents which were focused on cultural and artistic matters in Canada. To this day, twenty-five years after she did her last program, there is no arts program of the like left on the CBC.

Clarkson was renowned for her remarkable voice and in-depth interviewing skills. Throughout her media career, she hosted more than 3,500 television programs. She has received many of the highest honors in television, including 10 Gemini Award and its French equivalent the Gémeaux, as well as the Donald Brittain Award. She won an international Emmy for her documentary on breast cancer which is still remembered today as having lifted the veil on a painful subject which affected so many women.

Bestselling author of the 2014 CBC Massey Lectures Belonging: The Paradox of Citizenship, Clarkson also wrote Room for All of Us: Surprising Stories of Loss and Transformation; her autobiography Heart Matters: A Memoir; and Extraordinary Canadians: Norman Bethune, a biography of Dr. Norman Bethune.

"One Great Regret in Life"

However, as Clarkson's name became widely known, her marriage came to an end. In 1975, she divorced but kept her married surname, Clarkson. Half a century later, she candidly admitted that the only reason she retained the name was because "Adrienne

Clarkson" had already become very famous and so she "just left it".

She spoke about the status of women in mid-20th century marriages, explaining that when she married, women had to depend on their husbands and couldn't independently open bank accounts or obtain loans. After couples exchanged vows at the church and then moved to sign their marriage document, "your (the bride's) name was written there, it was already your husband's name. You did not have a choice, and you couldn't change your name on your marriage license." She knows a number of people who did legally change their names back. She lamented that transitioning from that era to today, " It was very difficult to get here."

Looking back, Clarkson feels that "I could have then changed it (at the time of the divorce), I suppose," but she didn't pursue it. As a feminist, she really regrets it and considers it "perhaps the greatest regret of my life."

Diplomatic and Political Career

In 1982, Clarkson was appointed by the Premier of Ontario as the province's Agent General in Paris, becoming one of the few women at the time to hold such a significant diplomatic position. Thanks to her fluent French and deep understanding of European culture, she excelled in this role.

During her six-year tenure, she transformed her communication skills and media experience into superior diplomatic abilities and innovative strategies. Through speeches and cultural exchange activities, she helped to solidify Ontario's international image, significantly enhancing trade and cultural exchanges between Ontario and Europe. Her success in this position laid the groundwork for her later appointment as Governor General of Canada.

In 1999, Clarkson was appointed as the 26th Governor General of Canada, becoming the first person of minority ethnic background, the first Chinese-Canadian, and the second woman to hold this position. Although the role of Governor General is traditionally symbolic, Clarkson's dynamic approach and emphasis on inclusivity and cultural understanding infused the office with a modern, refreshing atmosphere.

She frequently traveled across the country, meeting with people from all walks of life, hosting and attending various community and public events, advocating for the arts, visiting troops stationed abroad, and personally writing her own speeches. Her energetic style significantly enhanced the public's perception of the Governor General's office and redefined its significance. When she left the office 6 years later, the Canadian military held an unprecedented grand farewell ceremony in her honour.

Diversity and National Unity

Early in her career as a journalist, Clarkson had visited many northern Indigenous communities. She felt a special affinity with Indigenous peoples, "maybe it's because I physically resemble them," said Clarkson. As Governor General, she worked hard to facilitate dialogues with Indigenous communities and foster reconciliation.

"We're all newcomers to the country compared to the indigenous peoples. I really found the roots of of our lives in Canada very much attached to the indigenous people, both First Nations and Inuit." She said. She hoped that when people remembered her, they would recognize her as someone who "loved Canada, understood Canada, and was able to bring people together."

In 2006, Adrienne Clarkson and her husband John Ralston Saul co-founded the Institute for Canadian Citizenship (ICC). Through special citizenship ceremonies and various cultural and educational activities, the ICC helps new citizens integrate into Canadian

society, promoting inclusion and national unity. Clarkson stated, "Canada is wonderfully diverse and different. We are part of that".

While Clarkson's unique experiences and achievements are unparalleled, she demonstrated to the world that in Canada, everyone can undergo a "transformation" and reach their own personal peak, writing their own unique Canadian legend.



關麗蓮前參議員
The Honorable Dr. Lillian Quan Dyck

作者：金綺文

Writer: Annie Qiwen Jin

小鎮中餐館走出的科學家和社會活動家
"隱忍勇士"關麗蓮

小時候，她和哥哥常被其他孩子欺負。她渴望加入壘球隊，但學校挑選隊員時她總是被剩下的那個。哥哥更是常常無緣無故被別的男孩毆打。這一切都只因在整個小鎮上，他們一家是唯一的有色人種。但無論身處多艱難的環境，她從未放棄自己。歲月磨礪沒有讓她失去動力，反而讓她更加熠熠生輝。她的經歷被改編和拍攝成一部電影——《餐館女兒》，於2023年10月在加拿大上映。

她是關麗蓮，一位出色的腦神經科學家、教授、社會活動家，也是前聯邦參議員。最重要的，她是一位身上流淌着一半華人、一半克里族人血液的傑出女性。

邊緣化的童年

關麗蓮1945年在薩斯喀徹溫的小鎮北巴特福出生。她父親關勛紹1912年從中國廣東來到加拿大，靠多年積蓄在草原小鎮上開了間中餐館。那個年代，華人的生意不得僱傭白人做幫手。一位名叫伊娃・麥克奈的原住民女子成了他的僱員，後來又成了他的妻子。她就是關麗蓮的母親，一位寄宿學校倖存者。

寄宿學校的經歷是伊娃一生揮之不去的噩夢。外界對原住民的歧視讓她憂懼不安。她總是叮囑麗蓮和她哥哥溫斯頓：「別去保留區，別讓人知道你們有印第安血統，假裝你們就只是華人，不然你們會有大麻煩。」為了防止外人知道孩子們的原住民血統，他們一家甚至不得不經常搬家，輾轉於艾伯塔和

薩斯喀徹溫的各個小鎮間。他們努力想要融入當地，卻一直不被接納。

每當麗蓮和哥哥在外面受了委屈，父母心疼卻無能為力。他們只能盡力讓家成為庇護孩子們的港灣。放學後，麗蓮就和哥哥一起到餐館給父母幫忙。

進入科學領域

不幸的是，麗蓮10歲時母親去世了，17歲時她又失去了父親。所幸在高中，麗蓮遇到一位正直熱忱的化學老師，他叫約翰・岱爾。在他的鼓勵下，麗蓮進入薩斯喀徹溫大學生物化學專業學習。

上世紀60年代，華裔的「模範少數族裔」刻板印象還未形成，以科學為專業的女性也較少。在大學，麗蓮因為膚色和性別受到雙重歧視。她遇到困難時，無人對她伸出援手；她取得成績時，周遭的人又對她心生嫉恨。

麗蓮心中一直有個巨大的疑問：「我是誰？」她知道，她和其他人都不一樣，她不屬於他們中的一員。種族身份於她曾長期是個禁忌話題，那種對於印第安身份的恥辱感是社會強加給她母親然後又傳給她的，但麗蓮隱隱覺得不該如此。

一個偶然機會，麗蓮接觸到道家哲學。她領悟到真正的力量不在於外表的強大和以硬碰硬，而在於內心的韌性和適應性；隱忍也不意味着怯懦，而是為了等待時機一舉成功。遭遇挫折和霸凌時，麗蓮會想起母親，想着她如何熬過寄宿學校的苦難海洋，如何在艱辛的環境裏用愛溫暖着全家。想到自己的困境與母親經歷的磨難相比實在算不得什麼，麗蓮就覺得又有了信心。

尋根之旅

獲得薩斯喀徹溫大學榮譽學士和碩士學位後，麗蓮曾先後在卡加利大學和薩省衛生廳工作，後來又繼續在神經化學領域深造。1981年，麗蓮獲得生物精神病（神經化學）博士學位，成為首位獲得科學博士學位的原住民女性。36歲的她感覺自己終於積蓄了足夠的力量。於是她踏上了尋根之旅。

母親留下的照片很少，她的模樣在麗蓮記憶中已變得模糊。當麗蓮在喬治· 戈登原住民保留區見到舅舅赫利爾時，忍不住問他，母親長什麼樣？舅舅看着她説道：「你和她長得一模一樣。」説罷淚流滿面。麗蓮也見到了表姊妹們。她發現，家族裏所有女孩都和她一樣有纖細美麗的手，這是多麼奇妙的連接。

表姨母莉莉安· 莫里斯送給麗蓮一床被子。那天晚上，麗蓮蓋着它，祈禱夢中與媽媽相見。神奇的是，清晨醒來，她腦海里反覆迴蕩着一句克里語句子。她把那句話的發音記下來去問族人。他們告訴她，那句話的意思是別害怕，要勇敢，祖先的神靈會指引和保佑着她。

後來麗蓮應中國廣東海外交流協會去廣東訪問。當年父親過世時，薩省斯威夫特卡倫特小鎮的中華會館曾為他刻了一塊墓碑，上面寫着麗蓮父親的中文名字和故鄉名稱。靠着這塊墓碑文字的指引，麗蓮一路追隨父親足跡，去到父親在廣東開平縣西盛里的老家，並見到關氏族人。她不再為自己的背景感到羞恥，而是勇敢以真實身份迎接世人眼光。

從傳統中汲取力量

麗蓮開始努力學習克里族傳統文化：她跟着原住民長者

學習如何祈禱、如何使用香茅草等等。當年父母為了保護麗蓮和哥哥，切斷了他們與族群的傳承紐帶，這種文化斷層在麗蓮「心裏留下了永久的缺憾」。但麗蓮不怨父母，她理解父母當時別無選擇，並感激他們為自己創造了力所能及最好的條件。

找到歸屬感的同時，麗蓮也獲得更多力量。她運用專業知識，向一些污名化原住民的偏見挑戰。她發表論文，以科學數據駁斥了印第安人不耐酒精、易成酒鬼的傳説；她探尋印第安醫藥輪等傳統療愈法對於現代西方科學的價值。在麗蓮倡導下，越來越多科研機構開始認識到，原住民世代相傳的知識和經驗，對於現代醫學和環保等領域的研究，蘊含着豐富而寶貴的洞見。

作為一名科學家，麗蓮在神經科學領域取得豐碩科研成果，促進了人們對於阿爾茨海默病、精神分裂症和帕金森病等疾病的了解。她也通過自身經歷，鼓勵原住民特別是女孩子擺脱世俗偏見束縛，勇於嘗試科學領域，實現個人價值。

社會正義與平權倡導者

麗蓮的成就吸引了政界人士的關注。2005年，總理保羅・馬丁提名麗蓮擔任聯邦參議員，加拿大誕生了第一位原住民女性參議員、同時也是首位在加拿大出生的華裔參議員。雖然此前沒有從政經驗，但麗蓮以科學家的嚴謹態度對待這項新工作。她宛如政界的一股清流，和滔滔不絕的職業政客不一樣，她總是安靜地觀察，仔細地研究各項議案。當她發言時，則會憑清晰的事實和有力的邏輯讓人折服。

一名五歲原住民女童失蹤的事件促使麗蓮決定將消除針對原住民女性的暴力和改善她們的權益作為自己的首要任務。受

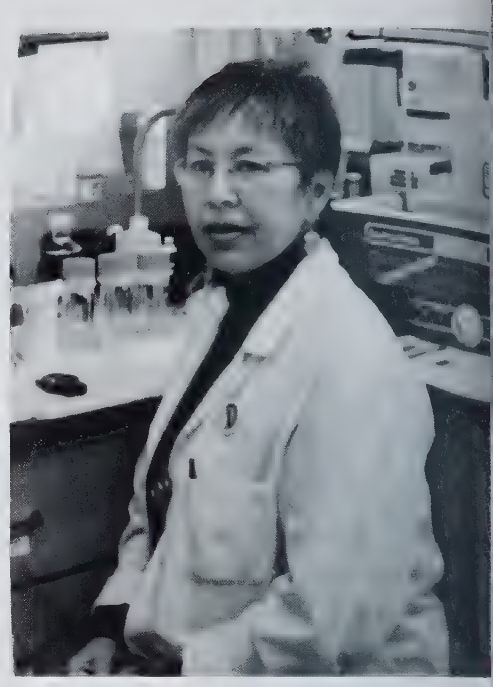
長期的偏見歧視等因素影響，原住民女性很容易成為暴力罪犯的目標。麗蓮提出S-215法案，提議修改刑法，要求法官在判決針對原住民女性的侵害罪行時加重刑罰。這項法案最後雖然未能通過，但它引發了對原住民女性面臨的暴力問題的關注，促進了許多有益的討論。

麗蓮還成功推動了讓原住民女性獲得與男性平等權利的C-3法案，即《印第安人法修正法案》。該修正法案的意義重大，它允許原住民女性和男性一樣，擁有在婚後也能保持其印第安身份的權利，從而徹底改變所有原住民女性的境遇。此外麗蓮在推動原住民教育改革、改善原住民生活條件以及倡導社會正義、促進性別平等和爭取少數族裔平等權益方面也做出卓越貢獻。

2021年麗蓮獲授予加拿大官佐勳章。她在接受CBC記者訪問時說「獲得這項榮譽感覺就像畢業了一樣」，「在經歷了許多年的努力和挫折終於到達了頂峰。」麗蓮的好友、克里族劇作家肯尼斯・威廉姆斯用「隱忍的勇士」形容麗蓮，他也是最初將麗蓮的故事改編成《餐館女兒》劇作之人。麗蓮很喜歡肯尼斯這個描述。當年小鎮上的人，有誰會想到，這個曾經被迫隱瞞自己身份、在社會邊緣掙扎的小女孩，經過多年蟄伏隱忍，會成為創造歷史、改變千萬人境遇的勇士？



Mid1950s, my mother (Eva), my brother (Winston), me and my dad (Quan Leen Yok, known as Happy or Jack)



1990s in my laboratory at the University of Saskatchewan



2009 Visit to Xichenglai, my dad's historic home village in Guangdong province



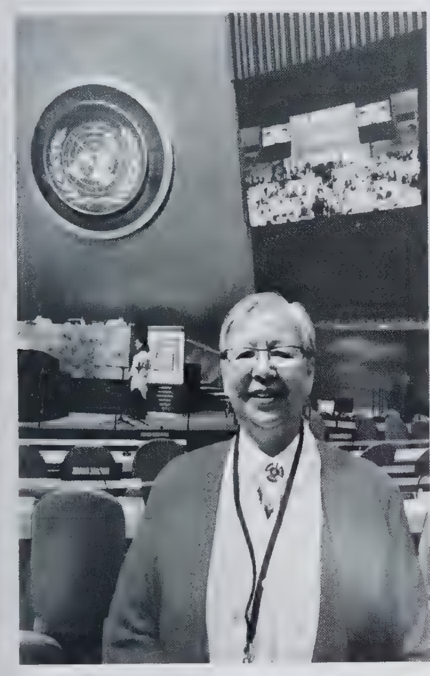
2023, Friends & Family at a preview of the Café Daughter film based on my life as Cree Chinese girl in small town Saskatchewan

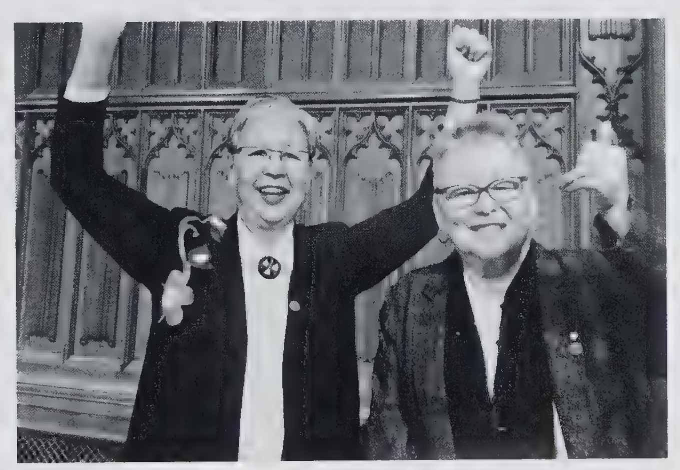


2012 a Buddhist ceremony honoring the 100th anniversary of my dad's arrival in Canada, at Victoria, BC

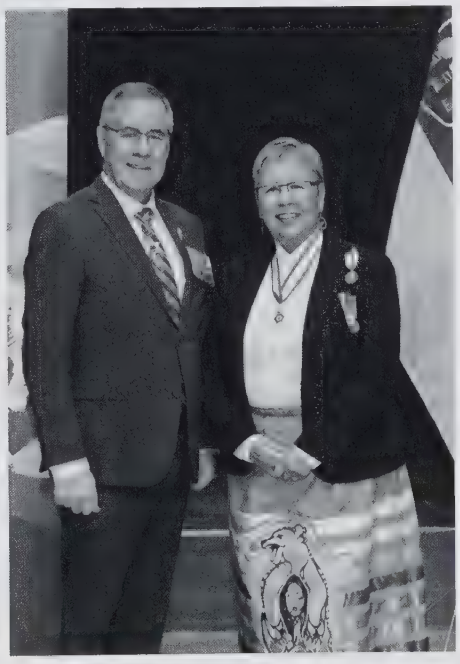

YWCA Woman of Distinction Award for Science and Technology


2005 appointed to the Senate of Canada


Attending the United Nations on 2018 as part of the Canadian Delegation


2017 Thumbs up with Senator Sandra Lovelace-Nicholas in the senate at the passing of bill S-3


22 Award ceremony for appointment as an Officer of the Order of Canada


2022 Awarded a Queen's Platinum Jubilee medal from Lt Governor Russ Merasty

A Scientist and Social Activist from a Small Town Cafe —"Quiet Warrior" Lillian Eva Quan Dyck

As a child, she and her older brother were bullied. She longed to join the softball team, but was typically left unpicked. Her brother was often beaten up by other boys. All this happened because their family was the only visible minority in the entire town. But no matter the hardships, she never gave up on herself, the difficult years did not erode her motivation, but spurred her on. Her story was adapted into a film called Cafe Daughter which premiered in Canada in October 2023.

She is Lillian Eva Quan Dyck, an outstanding neuroscientist, professor, social activist, former senator and most importantly, she is a woman of Chinese and Cree heritage.

Marginalized Childhood

Lillian Eva Quan Dyck was born in 1945 in North Battleford, a small town in Saskatchewan. Her father Yok Lee Quan came to Canada from GuangDong, China in 1912. With savings from years of hard work, he opened a Chinese cafe in a prairie town. In those days, Chinese businesses were not allowed to employ white workers. An indigenous young woman named Eva Mcnab came and was hired. She later became his wife. She is Lillian's mother, a residential school survivor.

Her residential school experience haunted Eva for life. Discrimination against indigenous peoples made her fearful. She always reminded Lillian and her brother Winston "Stay away from

the reserve, don't let people know you have Indian blood. Pretend you're pure Chinese or there will be big trouble." To keep people from finding out about the children's aboriginal heritage, the family moved a lot to different towns in Alberta and Saskatchewan. They worked to assimilate but were never accepted.

Whenever Lillian and Winston were mistreated, their parents were saddened but helpless. They could only make sure their home was a safe haven for the siblings. After school, Lillian and Winston helped out in the family restaurant.

Entering the World of Science

Sadly, Lillian's mother died when she was 10, and she lost her father at the age of 17. Fortunately Mr. John Dyer, a high school Chemistry teacher with integrity and passion, encouraged Lillian to attend the University of Saskatchewan where she enrolled in the Biochemistry program.

In the 1960s, Chinese being the "Model Minority" was not yet a stereotype. And few women were in the sciences. Lillian endured discrimination in university because of her skin colour and her gender, a double whammy. When she encountered difficulties, no one extended a helping hand. When she did well, people became jealous of her success.

Lillian always had a big question: "who am I?". She knew she was different. She didn't belong. Ethnicity was always a taboo topic. The mainstream society has placed a shame on her mother for her aboriginal heritage, which was passed to Lillian. Somehow Lillian thought it was wrong.

By chance, Lillian discovered Taoist philosophy. She realized power did not come from a strong exterior or aggressive confrontation. Power came from within, from inner resilience and adaptability. Forbearance did not mean cowardice. It meant being patient, waiting for the right opportunity to take action. When she experienced setbacks or bullying, Lillian would think of her mother. Remembering how her mother suffered at residential school and endured hardship to create a loving home for the family, she knew her problems paled by comparison to what her mother went through. That gave her strength to persevere.

Finding Her Roots

After getting her bachelors and then masters degrees at the University of Saskatchewan, Lillian worked at the University of Calgary and then the Saskatchewan Health Ministry before completing further studies in neuroscience. In 1981, Lillian obtained her PhD in Biological Psychiatry, essentially neurochemistry, becoming the first woman of First Nations descent to get a PhD in sciences. Feeling that she had achieved, at age 36, sufficient accomplishments, she decided to embark on a journey to find her roots.

Lillian had very few photographs of her late mother, and her recollection of her mother was fading. When she visited the George Gordon First Nation, she asked her uncle Hilliard Mcnab what her mother looked like. Her uncle told her "You look just like your mother" with tears streaming down his face. Lillian also noted that all her cousins shared the same slim fingers that she had. What an amazing connection!

Her Aunt Lillian Morris from the reserve gave Lillian a blanket. That night as Lillian placed the blanket on her body, she prayed to see her mother in her dreams. Magically when she awoke in the morning she had this Cree saying echoing repeatedly in her head. When she recited the saying phonetically to her Cree contacts, they told her the saying meant don't be afraid, be brave, your ancestors' spirits will guide and protect you.

Later the Guangdong Chinese Overseas Association invited Lillian to meetings in Kaiping . She was able to visit her dad's home village. The commemorative tombstone that Chinese Benevolent Society members in Swift Current, Saskatchewan provided for her father's gravesite guided her to her father's home village near Kaiping. She was no longer ashamed of her background. She could bravely face the world with her true identity.

Strength from Tradition

Lillian began to study Cree traditional culture: she learned how to pray with the Elders, and how to use sweetgrass. Her parents cut ties with her First Nations heritage to protect Lillian and her brother. Lillian said this cultural disconnect "left within me a deficit." But she doesn't fault her parents. She understands her parents had no choice at the time. She appreciates that they created the best possible opportunities for her.

As she gained a sense of belonging, Lillian also gained more power. She used her scientific knowledge to refute discriminatory myths, such as aboriginals lack tolerance for alcohol, or aboriginals can easily become alcoholic, based on scientific data and research. She explored the value that aboriginal Medicine Wheel traditional

healing methods can contribute to modern science. Lillian's advocacy has helped more scientific organizations recognize how aboriginal knowledge and experiences can contribute valuable insights to modern medicine and environmental research.

As a neuroscientist, Lillian's extensive research has advanced our knowledge of Alzheimer's disease, Schizophrenia and Parkinson's disease. Using her own personal experience, she encourages indigenous people, especially indigenous girls to shed the shackles of societal prejudice, explore new options and realize their personal potential in the sciences.

Social Justice and Equal Rights Advocate

Lillian's success caught the eye of politicians. In 2005, Prime Minister Paul Martin nominated Lillian to the Canadian Senate, making her the first female First Nation senator. She is also the first Canadian born Chinese Canadian senator. Despite having no previous political experience, Lillian approached her new work with the same rigor as she did as a scientist. She was a breath of fresh air, always observing calmly, studying diligently so that when she spoke she commanded respect with fact-based clarity and logic.

After a 5 year old indigenous girl went missing, Lillian decided to make eliminating violence against indigenous women and improving their welfare her mission. Due to longstanding discrimination and other factors, indigenous women are easy targets for violent crimes. Lillian introduced Bill S-215 which proposed changing the criminal code so that judges would take into account the identities of Indigenous women victims of violent crimes and give harsher sentences. Although this bill did not pass, it raised

awareness about violence faced by Indigenous women, leading to many useful discussions.

Lillian was instrumental in the successful passing of bill S-3 which gave Indigenous women the same rights as their male counterparts with respect to maintaining official Indian status after marriage. Additionally, Lillian worked to improve Indigenous education and Indigenous living conditions; she made outstanding contributions in advocating social justice, gender equality and equal rights for ethnic minorities.

In 2021, Lillian was awarded an Officer of the Order of Canada. When interviewed by CBC, she said "receiving the Order of Canada feels like a graduation of sorts. It is like a culmination of all the years of hard work and frustration. You know, some joy, but lots of frustration". Lillian's good friend Kenneth T. Williams describes her as a quiet warrior. He is the one who first adapted Lillian's story into the play Cafe Daughter. Lillian likes Kenneth's description. Who knew this small town girl who once tried to hide her Cree identity and struggled in the margins of society, would after years of forbearing quietude make history and change the lives of thousands of people like a warrior?



劉永凱前警察局長
Former Police Chief Kai Liu

作者：金綺文
Writer: Annie Qiwen Jin

照進人心的一束光
—劉永凱的警察生涯

童年警察夢

多年以後，劉永凱仍記得坐在警車裏和警察一起尋找他的小夥伴的情形。那是上世紀70年代多倫多的一天傍晚，有個小夥伴不見了。家人報警，一位警官來到社區調查，永凱跟他一起在周邊搜索。後來他們終於找到那個小孩，原來他去了另一個朋友家吃晚飯，卻忘了告訴自己的父母。虛驚一場後迎來皆大歡喜的結局。這次經歷在永凱心中埋下了長大後當警察的種子。警察的出現帶給社區的人們希望和安心，永凱也想成為那樣的人。

劉永凱生於台灣，在家中排行第二，上有長姊，下有兩個弟弟一個妹妹。1970年他們全家移民加拿大，最初落腳多倫多。那時多倫多的華裔非常少，學校里除了永凱和他的兄弟姊妹都是白人。六歲的永凱初來乍到，一句英文也不會，在學校遭到其他男孩子欺負。他們嘲笑他，把他推倒，還往他身上撒沙子。這一幕被姐姐看到，她跑來喝退那些孩子，把永凱從地上扶起來。

另一次，永凱和朋友在攝政公園玩，他買了個蛋筒雪糕正準備吃，突然過來幾個男孩，搶過雪糕按到他頭上，還在旁邊取笑他。店主衝出來呵斥走了那幾個男孩，隨後轉身去拿了一個新的雪糕給永凱。無論是姐姐還是陌生店主，他們的暖心舉動像一束光照進了永凱的心靈。

「我是華人」

隨着時光流逝，永凱逐漸適應加拿大的生活，但仍時常被一些白人男孩欺負。永凱明白他們欺負自己是因為自己和他們不一樣，於是他想，假如我變得和他們一樣，是不是就不會再被欺負了？他開始刻意模仿白人少年的打扮和舉止。父親留意到永凱的變化，他把永凱拉到面前說了一番話：「孩子，不管你怎麼做、怎麼說話、怎麼穿衣，你最後總歸還是華人。」

父親的話很簡單，卻讓永凱明白了一個道理：他永遠不可能改變自己的種族和背景，所以應該摒棄那種幻想，相反，他該為真實的自己以及從自己文化背景中傳承的技能而自豪。永凱變得堅韌起來，他仍有很強的同理心，他總是能看到並理解受到脅迫的弱勢群體，並真心想幫助他們。

後來永凱一家搬到蒙特利爾，大學畢業後他進入渥太華一家IT公司工作。加拿大的警局一直是白人男性的天下。渥太華警局招收警員有一條硬性規定：男性身高至少要達到六英尺。由於人種基因等方面的因素影響，非白人種族能達到這個身高的男性比較少，所以這條規定將大部分少數族裔攔在了警察職業門外。

但在1985年，安省人權委員會廢除了警局的身高規定。翌年永凱得知後就打電話去警局報名。負責招聘的警署警長理察・布佐佐斯基接聽了他的電話。這位警長聽永凱報上姓名時停頓了一會兒，然後問永凱：「你是亞裔？或者可見少數民族？」在蒙特利爾時人們都用ethnics這個詞稱呼非白人族裔，永凱還從沒聽過「可見少數民族」這個詞。於是他答道：「我是華人。」

警長又問：「可你〔的口音〕聽起來不像華人--你是來自

這個少數族裔的嗎？」永凱再次被「少數族裔」這個詞搞暈了，他索性回答：「是，如果你們要招華人的話，我就是華人啊。」就這樣，永凱成為渥太華警局的首位亞裔警員，也是該警局的第二名少數族裔警員。

開路先鋒

永凱後來才知道，布佐佐斯基警長是一位非常開明和富有遠見的警官。他在那時已着手推進警員隊伍多元化。他的遠見卓識也深深影響了永凱。

初入警局，永凱和其他警員一樣從最基礎的工作做起，每天在社區巡視。因為有一張亞裔面孔，永凱成了一道獨特的「風景」──人們總是好奇地、毫不掩飾地打量他。有時開車經過他身邊的人甚至會把車停下，直愣愣盯着他，因為他們還從來沒見過一個華人穿着警察制服出現在這個城市裏。

警局裏，永凱也被一部分白人同事當作異類。他們會直白地對永凱說他不屬於這裏，因為他和他們不一樣。然而永凱沒有在這些無禮行徑前退縮。白人同事每天「提醒」永凱他是一名亞裔、一個華人，反倒讓永凱覺得自己肩負一項重要的責任：他是亞裔社區在這個警局的唯一代表，是亞裔在這個領域的開路人，他不僅要做好本職工作，還要成為多元文化社區的典範，為今後進入這個領域的亞裔當好開路先鋒。

改變家暴受害者命運

永凱非常關注弱勢群體。這些群體──例如少數族裔女性和LGBT群體──往往被邊緣化，也最容易成為家庭暴力行為

的受害者。升任渥太華警局家暴小組負責人後，永凱與各類女性組織以及安省律政廳和司法廳展開合作，對公眾宣講，亦推動安省警察學院的培訓改革，讓警員學習如何更有效地幫助家暴受害者。

過去警方一直以對待家庭中「私密事件」的方式處理家暴事件，受害者難以得到及時有效的保護，反覆受到親密家庭成員暴力傷害。永凱推動的改革改變了警方和大眾的觀念，人們意識到，只有當相關家庭成員以及鄰居、朋友都站出來支持家暴受害者時，才有可能打破家暴的循環，讓受害者真正脱離危險。

另一方面，對少數族裔受害者而言，與警員之間的語言和文化隔閡也阻礙了她們得到更有效的幫助。永凱推動警局與各類文化和語言服務團體密切合作，以便警方調查案件時有翻譯協助他們與少數族裔受害人溝通；同時也讓警員學習了解不同文化背景習俗，從而在處理事件時採取更恰當有效的方式。後來這種對警員的文化背景知識培訓被作為慣例在全加拿大推廣開來。

永凱後來升任渥太華警察局督察。在他帶領下，渥太華警局因在保護家暴受害者方面取得的成就而在國際警界聲名遠揚。加拿大國際發展部和聯合國分別邀請永凱去為南亞和拉美一些國家的非政府組織、女性公益團體及警界人士分享經驗。渥太華移民女性服務組織破天荒地向永凱這位男警官頒發了獎狀，以感激他為保護女性移民做出的貢獻。後來安省女性執法協會也給他頒發了總裁獎，表彰他在倡導職場性別平等方面的突出成就。永凱得到的各項榮譽還包括2007年的年度亞裔人物獎以及2018年總督頒發的警察功績勳章。

創新領導者

永凱積極推行警察隊伍多元化，吸收更多能反應轄區人口組成的族裔警員，同時為警員創造更包容的工作環境。2008年他被任命為安省加納諾克鎮警察局局長，成為加拿大最年輕的警察局長，也是加拿大第二位華裔警察局長和首位原籍台灣的警察局長。四年後他又調任柯堡鎮警察局局長。

作為一位富有創新精神的領導者和熱衷參與公益事業、服務社區的公民，永凱不但深受同僚敬重，也受到社區居民特別是少數族裔民眾的信任與歡迎。2019年，在警界服務了33年的永凱正準備考慮退休，條約三原住民自治管理大委員會聯絡了他，希望他擔任條約三警察總局局長，負責安省西北24個原住民聚居地的警務工作。永凱接受了聘任，在此後四年間為條約三地區的警務工作帶來顯著提升。

2023年八月永凱宣佈退休，但他仍繼續擔任安省原住民警察局長協會執行董事。他有了更多時間與家人共度，開始享受含飴弄孫的生活。

回首過去，永凱欣慰且自豪。這個世上總會有霸凌、有不平，但也有正直和善良。而永凱如童年夢想的那樣，自己變強大的同時，也成為照進那些身處險境和被欺凌脅迫的人們心裏的一束光。



Kai at Grandparents Farm, In Taiwan 1970



Niagara Falls with parents and siblings 1972



At Police Station



Kai with wife Heidi, Married 29 years



Family photo



Recipient of CPAC



Governor General of Canada David Johnston,
Order of Marit of Police Forces Award
with Kai's mother



Toastmaster Award



Solicitor General of Ontario Michael Kerzner
welcoming Chief Kai Liu



EMCY Award

A Beam of Light
—Kai Liu's Police Journey

Childhood Dream

Years later, Kai can still remember sitting in a police cruiser, looking for his friend with the police. It was an evening in Toronto in the 1970s. Kai's friend was missing. His family called the police and an officer arrived in the community to investigate. Kai joined him in the search. Eventually they found the child had gone to a friend's house for dinner but forgot to tell his parents. All ended well. This planted a seed in Kai's heart to be a police officer when he grew up. He wanted to be the person who showed up in the community to bring people hope and peace of mind.

Kai was born in Taiwan, a second child with an older sister, two younger brothers and a younger sister. The family moved to Canada in 1970, first settling in Toronto. There were fewer Chinese in Toronto at the time. Kai and his siblings were the only ones at their school. Six year old Kai did not speak any English and was bullied by other boys at school. They mocked him, pushed him to the ground and threw sand on him. When his older sister saw what was happening, she rushed over to chase the boys away and helped Kai to his feet.

Another time, Kai was playing with friends at Regent Park. He bought an ice cream cone and was about to eat it when several boys came over and upended the cone on his head as they laughed. The shop owner came outside to stop them, and then gave Kai a fresh ice cream cone. Whether his sister or the shop owner, their compassionate act was like a light shining into Kai's heart.

"I am Chinese"

Over time, Kai adapted to life in Canada but he continued to be bullied by some white boys. Kai understood it was because he was different from these boys. He wondered if he became just like these boys, perhaps the bullying would stop. So he began to emulate the fashion and behaviours of these white boys. When his father noticed the change, he pulled Kai aside and said "no matter how you act, how you speak, how you dress, at the end of the day you're always going to be Chinese"

His father's words were plain enough, but they helped Kai understand that he could never change his race and background. He needed to abandon that fantasy. He should be proud of who he was, be proud of the culture and the skill sets that came from his upbringing, and stop being something or someone different.

Later Kai's family moved to Montreal. After university, he joined an IT company in Ottawa. Canadian police forces had long been the white man's world. The Ottawa Police had a hard and fast requirement: males must be at least 6 feet tall. Due to genetics, few non-caucasian men were this tall, making it a barrier for visible minorities to join law enforcement.

In 1985, Ontario's Human Rights Commission abolished this height requirement. When Kai found out the following year, he called the police department to apply. Staff Sergeant Richard Brzozowski took the call. When he heard Kai's name he asked "You are Asian, or visible minority?" Montrealers used the term ethnic to describe non-whites and Kai had not heard the term visible minority. so he replied "I am Chinese".

The Staff Sergeant asked "but you don't sound Chinese. Are you of this

minority?"

Kai was stumped by the term "minority". So he said, " yes, if you're hiring Chinese, I am Chinese." And that's how he became the first Asian police officer in Ottawa, and the second visible minority officer.

Trailblazer

Kai later discovered that Staff Sergeant Brzozowski was a very enlightened and visionary police officer. He was already building a multicultural police force. His foresight had deeply influenced Kai.

As with other new recruits, Kai began his police work with the basics - foot patrol in the community. Because he was the first Asian police officer, he was for a time a novelty. People were so curious they glared unabashedly. Some motorists even exited their vehicles to walk up to him and gawk. They had never seen a Chinese in police uniform in the city before.

Even in the police department, Kai was treated by some colleagues as an alien. They would tell him he didn't belong there because he was different. But their rude behaviours did not deter Kai. Even though he was reminded everyday that he was Asian, a Chinese, Kai saw that he had an important responsibility. He was the only representative of the Asian community in that police station. He was an Asian trailblazer in that field. Not only did he need to do his job well, he needed to be a role model for the multicultural community, leading the way for other Asians into police work.

Changing the Fate of Domestic Violence Victims

Kai was particularly concerned for the vulnerable groups. These included visible minority females and LGBT individuals who were often marginalized, often becoming victims of domestic violence. After he became supervisor in charge of the domestic violence unit of the Ottawa Police Services, Kai collaborated with various women's groups, Ontario's Attorney General and Solicitor General to speak to the public to raise awareness. He also pushed for changes in the Ontario Police College curriculum, so that police officers would learn more effective ways to support domestic violence victims.

In the past, domestic violence was viewed as a private incident that happened in the home and should be kept private. This made it difficult for victims to seek timely help, trapping them in a cycle of abuse by a family member. Kai promoted reforms to change police and public perceptions. It is only when family members, neighbours and friends step up to support victims, can victims finally break the cycle of violence and emerge from living in danger.

With visible minority victims, language and cultural differences were barriers to their receiving more effective help from the police. Kai promoted close cooperation between the police and all kinds of cultural and language services organizations, to provide translation services for minority victims during police investigations. This cooperation helped police officers improve their understanding of different cultural backgrounds and customs which in turn helped them adopt appropriate approaches in dealing with minorities. Cultural background knowledge training became standard in police departments across Canada.

Kai later became an inspector at the Ottawa Police Service. Under his leadership, Ottawa Police Service gained a reputation for protecting domestic violence victims amoung international police forces. The Canadian International Development Agency and United Nations invited Kai to share his experience with non-governmental organizations (NGOs), police forces and women charity groups in South Asia and Latin America. Immigrant Women Services of Ottawa presented Kai, a male police officer, with an unprecedented award to recognize his contributions to protecting immigrant women.

Ontario Women in Law Enforcement bestowed their Presidential Award to Kai, in appreciation for his outstanding achievements in promoting gender equality in the workplace. Kai's other honours include a 2007 Asian of the Year Award, and the 2018 Officer of the Order of Merit of Police Forces.

Leader in Innovation

Kai actively promoted diversity in the police force, recruiting more diverse police officers to reflect the demographics of the force's jurisdiction while creating a more inclusive work environment for police officers. In 2008, he was named Chief of Police at the Gananoque Police Services in Eastern Ontario, becoming the youngest police chief in Canada. He was also the second Chinese Chief of Police in Canada, and the first Canadian police chief to have been born in Taiwan. Four years later he became the Chief of Police in Cobourg, Ontario.

As an innovative leader, keen to participate in charity work, and providing services to the community's citizens, Kai is not only respected by his colleagues, he is trusted and welcomed by his community,

especially visible minority members. In 2019, as Kai was contemplating retirement after 33 years service in police services, the Grand Council of Treaty 3 approached him to head their police force. Kai accepted and became Chief of Police for the Treaty Three Police Service, an Indigenous Police Service providing policing to 24 First Nations in Northwestern Ontario. In the next four years, he facilitated significant improvement in Treaty 3 policing.

In 2023, prior to retiring, Kai held the position of President of the Indigenous Police Chiefs of Ontario Association (IPCO) and was an Executive Board member of the First Nations Chiefs of Police Association. In his retirement from 37 years policing, he remains active advocating for Ontario's indigenous police services and communities in his new role as the Executive Director of IPCO. Except now, he has more time for family, and time to enjoy his grandchildren.

In retrospect, Kai is pleased and proud. There will always be bullying and injustice in this world, but there is also integrity and kindness. As he had dreamed as a child, he grew up to shine a light on those around him who are endangered or bullied.



劉丕教授
Professor Peter Liu

作者：黎曉玫

Writer: Terri Lai

心臟權威
致力推動结合心腦的跨學科研究

劉丕教授是國際著名的醫生科學家，也是加拿大心臟專科權威。現任渥太華大學心臟研究所(加國最頂尖心血管研究機構之一)之首席科學家及研究部副總裁。近年他以創新思維，與同路人推動結合心臟科和腦科，進行跨學科研究，冀新領域之研究成果，帶來新療法新希望，惠及眾生。

成功之道：堅韌毅力　優良策略　靈活應變　掌握機遇

筆者訪問劉教授前，剛看到他在網上發佈拍攝北極光的相片，問及此事，他娓娓道來：五月中旬，他由渥太華飛往亞伯達省途中，恰巧在飛機上看到令人目眩震攝的北極光，隨即舉機捕捉罕見奇景。他是次飛行，乃應邀於大學大型會議作主題演講，並分享成功之道。 他概述四大要訣：堅韌不拔的毅力，謀定後動的策略，靈活應變的靈巧和掌握機遇的能力。他以剛拍攝的北極光相片為例，闡釋日常生活中出現稍縱即逝的機會時，宜速把握，不遲疑。 進行醫學研究時，也可運用同樣的原則。

台灣小子　發奮圖強追英文　靠意志和莎劇

1966年，劉丕的雙親帶他和妹妹（劉非醫生）由台灣連根拔起遷居加拿大，在陌生的國度生活，身家只有3,000元。劉父在台灣本來是工程師，監督興建發電站。但在加拿大，因缺乏加國認可的專業資格，起初在多倫多只能屈就任職製圖員。其後父親為維持生計，老遠跑去外省打工，母親則經常在郵局返夜班。

因此劉丕自小已很獨立，還學習怎樣照顧自己和妹妹。當時他認識的英文單字少於100個，須在新移民班學習英語。校園欺凌時有出現，英語不佳又被打壓，小小年紀當然不開心。父親鼓勵他，在新地方立足，定要比別人付出雙倍的努力，才有機會可以平等地與人家比拼。很多學科他都能應付裕如，唯獨必修的英語科最困難，但他下定決心發力狂追，策略是把莎士比亞的名著《羅密歐與茱麗葉》和《威尼斯商人》全劇和14行詩，都背得滾瓜爛熟，在考試答題時，他輕易地引經據典，令英文科終取得80分。至於其他術科，他幾乎全取滿分。他在 Harbord Collegiate 中學畢業時，成績優異。其後獲多倫多大學取錄，兩年後入讀多大醫學院。

其後劉母見時機到就毅然決定在中區唐人街開設中式餐館。劉丕唸醫科時，常留在餐館溫習。當時經營餐館競爭很大，於是他絞盡腦汁推出不少新策略，以廣招徠，甚見成效。餐館的顧客有不少政經界名人和國際巨星，他也時與他們攀談，增見聞建人脈。

獲巨額撥款 開拓心腦科研新領域

劉丕在醫學院畢業後選修心臟專科，並赴美國波士頓，在哈佛醫學院從事分子醫學研究和創新的心血管磁共振成像。數年後他回加，在多大/多倫多全科醫院建立心血管的創新科研項目。

他發現了一種心臟衰竭的新型態（舒張性心臟衰竭），其研究更成為過去十年，全球心血管醫學的熱門研究課題。他另一項研究成果，是新的血液檢測方法，令心臟疾病可更早得到

診斷，並已獲羅氏診斷（Roche Diagnostics）引入並於全球廣泛採用。

劉丕永不言倦，在科研的領導角式舉足輕重。多大心臟及中風卓越研究中心初創時，他是研究中心的首任主管，統籌和領導多大各研究單位，進行心血管科研。

2005年，他出任加拿大健康研究所之循環系統和呼吸系統健康研究所所長。加拿大健康研究所是本國健康研究的主要聯邦資助機構。任內他除了為本國制定心肺科研策略外，也為本國與歐美和亞洲不少國家建立合作關係，以國際科研網絡的形式，促進彼此研究進度和對全球的影響，並讓更多加拿大科研人員置身國際舞台。

2012年，他獲邀出任渥太華大學心臟研究所首席科學家，之後他在區域內，以至全國推出重要研究策略，聚焦在精準醫學和轉化醫學。

他致力於以上項目，並結合心和腦跨學科研究之新焦點，令他的團隊成功取得多項科研經費，尤其矚目者為最近的心腦互連組項目 The Brain-Heart Interconnectome Program (BHI)，此項目獲加拿大第一研究卓越基金總資助額達一億九百萬元，乃渥太華大學夥拍麥基爾大學，多大和沙省大學進行科研的重大項目。

他說：“結合心腦，進行嶄新方式科研，即心和腦不再分道揚鑣，而是同途邁進，期望成果為大眾創造更美好的明天。渥太華大學新建的尖端醫學研究中心於2026年落成後，BHI將遷進新研究中心，預料屆時全球不同學科的精英將雲集於此，群策群力，盼能在科研取得新突破，覓得新醫療方案，為病人

帶來新希望。”

新冠病重要科研　獲頒全球成就大獎

劉丕在醫學科研界貢獻良多，屢獲表揚，其中包括：加拿大心血管協會研究終身成就獎，心臟中風基金會的Rick Gallop獎及加拿大健康研究所傑出研究員獎。

2020年，劉丕獲頒安省最高榮譽勳章（Order of Ontario），表彰他在心臟研究所的卓越領導，提高了加拿大心血管研究的國際知名度。此外，他是本國和國際心臟衰竭實務指南的主要倡導者。同年他獲渥太華大學心臟研究所頒發全球成就獎。因劉丕的研究發現，病毒會藉着人體免疫系統，伺機發難，從而對心臟和血管造成損害。

近年全球爆發新冠疫情，他的研究所得，令人更明白，病毒如何進入人體，令不少年青人出現心肌炎，甚至導致中風及出現心臟病突發的病例。基於他在病毒性心肌炎如何導致心臟衰竭的研究，他就新冠病對心臟影響的專業知識廣受全球重視，其中包括美國國立衛生研究院，加拿大政府衛生保健部門和國際醫學界同業。

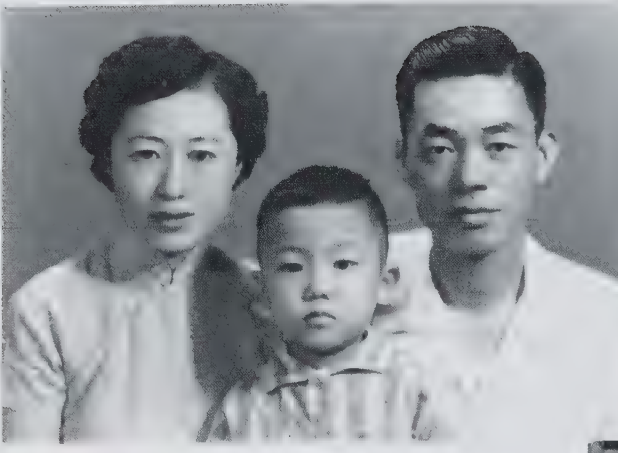
有見新冠疫情的第一波早期，華裔病患（尤其是在安老院舍）有較多中風和死亡個案，他將科研領域擴展至新冠病，比較不同族裔的病例數據。此外他獲得聯邦政府撥款，研究接種疫苗引發的醫學問題，期望未來可為弱勢社群提供更佳保護。此外，他亦與章曼慧教授(全國新冠病長期綜合後遺症聯網研究組領導)合作，就長新冠對不同族裔（包括華裔）的影響，進行研究。

扶掖後進　推廣健康　深耕細作

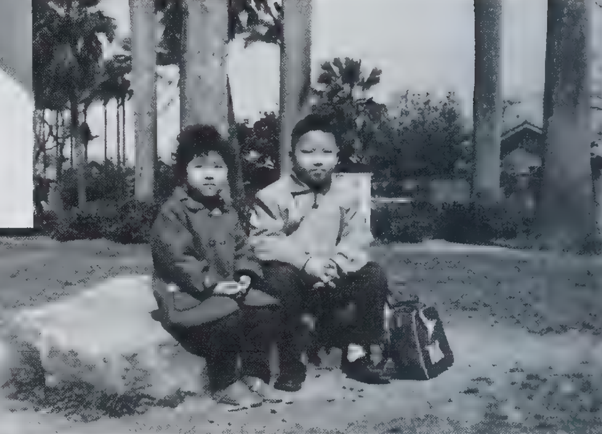
不忘根，不忘本。 為培育下一代華裔科研專才，他早年與導師劉宗正教授，成立美洲華裔生物科學家協會之多倫多/加拿大分會；他也與醫學同業包括巫柏齡教授等一同創立心臟和中風基金會之加拿大華人協會，旨在透過不同渠道於華人社區，為推廣心腦健康，深耕細作。

回顧過去數十載的經歷，他說今年101歲的母親對他啟廸最大，令他引以為傲，他說：“作為新移民，她勤奮工作，並以企業家精神創業，堅韌不拔，其志可嘉。對家人厚愛支持，實在可親又可敬。”

樂觀開明又能量滿滿的劉丕教授，一直致力將高深的醫學科學轉化成為務實可行的醫療方案，並冀薪火相傳，承先啟後，以促進人類健康福祉為大前題，繼續作出貢獻。



Early photo with dad and mom



Growing up with sister Fei-Fei



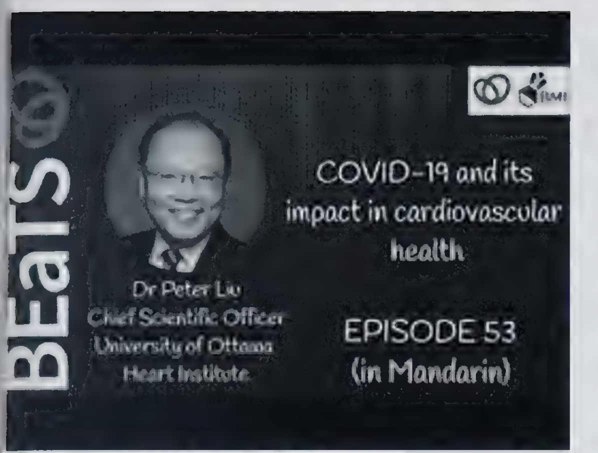
MD Graduation Class of '78
(University of Toronto)



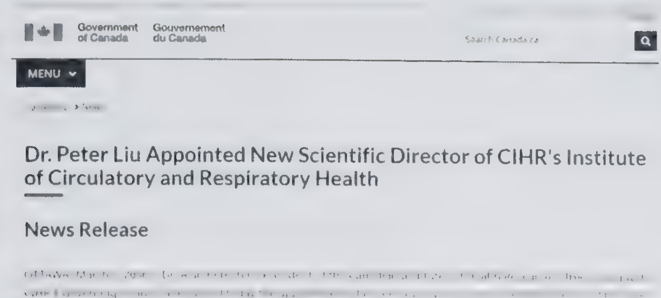
Family photo with wife Elaine,
son Geoffrey and daughter Erin



Celebration of mother's 100th birthday (June 2023)
with family



COVID-19 and Cardiovascular Disease Podcast in Mandarin


Government of Canada Gouvernement du Canada

MENU

Dr. Peter Liu Appointed New Scientific Director of CIHR's Institute of Circulatory and Respiratory Health

News Release

Appointment as Scientific Director at CIHR



International conference in Ottawa (2024) on Brain-Heart with Dr. Mitchell Elkind (past president of American Heart Association) and Dr. Ariane Marelli (current Scientific Director at CIHR)



University of Ottawa academic delegation visiting Asian countries



Leading research at the University of Ottawa Heart Institute

Now heading up brain and heart interconnected research

Top Cardiologist Making Great Strides in Brain-Heart Interconnected Science —Professor Peter Liu

Professor Peter Liu is an internationally recognized physician-scientist and a leading cardiologist in Canada. He is currently the Chief Scientific Officer and Vice President of Research at the University of Ottawa Heart Institute (UOHI), one of the preeminent cardiovascular institutions in Canada. In recent years, he and other like-minded scientists are committed to achieving closer collaboration of cardiology and brain science, hoping to bring immense advancement in this new area of research.

The Path to Success: Resilience, Strategy, Adaptability and Capturing Opportunities

Before talking to Peter, I had just seen him posting photos of the aurora borealis (northern lights) online. When asked about this, he said, while flying from Ottawa to Alberta in mid May, he happened to see the dazzling northern lights from the plane, and immediately captured the rare spectacle. He was on his way to deliver a keynote lecture at a major conference at the University of Alberta, and shared his northern light photos in the lecture. This illustrated perfectly that when fleeting opportunities appear in daily life, we must seize them quickly, and the same principle can be applied to medical research. He summed up his key to success as: Resilience, Strategy, Adaptability and Capturing Opportunities.

Improve English by Will and Shakespeare

In 1966, Peter's parents brought him and his sister (Dr. Fei-Fei

Liu) to Canada from Taiwan. The family of four, uprooted from Taipei with less than $3,000 in total possession, tried to survive in an entirely different country. Peter's father was an engineer who used to supervise the construction of power plants in Taiwan. He had to settle initially for a low paying draftsman job in Toronto due to the lack of Canadian qualifications.

To make ends meet, his father went to other provinces to work, while his mother often worked the night shift at the post office. He was very independent and learned how to take care of himself and his younger sister.

When Peter first arrived, he knew fewer than a hundred English words and had to attend English classes for new immigrants. He was unhappy as he regularly got picked on in the schoolyard. His father encouraged him that in order to gain a foothold in a new place, he must work twice as hard as others, so that he could have a chance to compete with others on an equal footing.

To Peter, the mandatory English classes were the most difficult, but he was determined to succeed. His strategy was to memorize the entire texts and sonnets of Shakespeare's "Romeo and Juliet" and "The Merchant of Venice". By using frequent quotes, he managed to obtain a score of 80 in English. With scores of 100 in most of the STEM subjects, he graduated as the top student from Harbord Collegiate in Toronto. After attending at the University of Toronto (U of T) for two years, he entered the Medical School of U of T.

When his mother saw the time was right, she decided to run a Chinese restaurant in Chinatown. Peter often went there after school to study, and also implemented various innovative measures to improve the business, and the restaurant became a popular going concern. Peter enjoyed meeting interesting guests there, including

many entertainers, local and international dignitaries.

Obtains Huge Funding to Launch New Research on Heart and Brain

After graduating from medical school, he entered cardiology training program, and spent several years in Boston at Harvard Medical School doing molecular research and innovative cardiac imaging. After returning to Canada, he built cardiovascular innovation and research programs at the Toronto General Hospital/ U of T.

He discovered a new form of heart failure (diastolic heart failure) that became one of the most studied subjects worldwide in cardiovascular medicine in the past decade.

He also discovered new blood tests for diagnosing heart diseases early, now licensed to Roche Diagnostics for worldwide use.

Peter is a tireless research leader. He was the inaugural Director of the Heart & Stroke Centre of Excellence at U of T, coordinating and leading cardiovascular research amongst all the institutions within U of T.

In 2005, he was recruited as the Scientific Director of the Institute of Circulatory and Respiratory Health, one of the institutes at the Canadian Institutes of Health Research (CIHR) in Ottawa. CIHR is the major federal funding agency for all health related research in Canada. During his tenure, he developed the heart and lung research strategy for Canada, and built collaboration between Canada and many countries across Asia, Europe and the Americas. These took the form of international research networks, for

mutual research acceleration, global impact, and putting Canadian researchers on the world stage.

In 2012, he was recruited to UOHI as the Chief Scientific Officer. He has since launched major research strategy for the entire region and nationally, focusing on Precision Medicine and Translational Excellence.

Through this effort, and a new focus of research on brain-heart interconnected science, Peter's team has been successful in securing multiple grants, including most recently a multi-institutional program "The Brain-Heart Interconnectome Program" (BHI), from Canada's First Research Excellence Fund, with a total award at $109 million. The program partners include McGill University, U of T and University of Saskatchewan, working with University of Ottawa.

"To reconnect the brain and the heart in research is game changing, and can bring a better tomorrow for everyone," Peter says. He is excited to share the news that BHI will later move to University of Ottawa's new Advanced Medical Research Centre (AMRC). "When completed in 2026, AMRC is going to be a magical global hub, bringing leaders of different discipline together to explore new ways and bring new solutions to patients," he adds.

Wins Global Achievement Award for Research on COVID-19

For his accomplishments, he has received the Lifetime Research Award from the Canadian Cardiovascular Society, the Rick Gallop Award from Heart & Stroke Foundation and the Distinguished Researcher Award from CIHR.

In 2020, he was appointed to the Order of Ontario for raising the international profile of Canadian cardiovascular research through his leadership, and being a key champion for the first heart failure practice guidelines in Canada and internationally.

In the same year, Peter received the Global Achievement Award from UOHI, in recognition of his leadership in the emerging COVID-19 scientific and medical community, and the global impact of his research.

Peter has discovered how viruses can take advantage of our immune system and cause damage to the heart and blood vessels. This not only led to the understanding of new forms of heart failure, but became extremely relevant during the COVID-19 pandemic, in understanding how the SARS-CoV-2 virus enters the body, and causes heart inflammation, leading to stroke and heart attacks in young people.

This research became very important and his expertise was sought after by the U.S. National Institutes of Health, Health Portfolio of Canadian government and colleagues around the world.

Peter has also spearheaded studies in the effect of COVID on ethnic communities in Canada, comparing the outcomes in the Chinese, to South Asian, Black and White populations. Chinese patients had more strokes and deaths during the early phases of COVID first wave, especially in senior homes.

His studies, funded by the federal government, examined the uptake of vaccines, its barriers and mitigation strategies to further improve protection of the vulnerable. He is also working with Professor Angela Cheung, leader of the Long COVID Web team across Canada, to study the effect of Long COVID on ethnic

communities, including the Chinese.

Support Young Scientists, Promote Heart and Brain Health

Peter never forgets his roots, and is always happy to give back. To advance the excellence of science, collaboration and training of the next generation of Chinese Canadian researchers, he and Professor C.C. Liew (a mentor and a prominent Professor of Biochemistry at U of T) founded the Toronto/Canadian Chapter of the Society of Chinese Bioscientists in America.

He also worked with medical colleagues including Professor Gordon Moe, in the founding of the Chinese Canadian Council of the Heart and Stroke Foundation, with a focus on promoting heart and brain health in the Chinese community.

Looking back on the past few decades, he says his mother, who turns 101 years old this year, has inspired him greatly since the early days. “She is a most admirable immigrant, a resilient lady with entrepreneur spirit and great determination, and always loving and supportive to all of us,” he reflects proudly.

Professor Peter Liu, who is optimistic and open-minded, is always focused on the ways to translate science into practical solutions to promote health, and inspire the next generation of leaders to continue to carry the torch.



Master of Ceremonies
Chinese Canadian Legend Award Gala

Ying Lu

Dr. Lu graduated from Queen's University with M.D and M.Sc in 1994. Dr. Lu completed her five-year Ophthalmology specialty training at the Department of Ophthalmology at the University of Toronto with six months Glaucoma subspecialty training under leading glaucoma specialists Professor Graham Trope and Professor Yvonne Buys at Toronto Western Hospital.

Upon finishing her training, Dr. Lu was inducted as a Fellow of the Royal College of Physicians and Surgeons of Canada. She is also a member of the Canadian Ophthalmology Society and a Diplomate of the American Board of Ophthalmology.

Today Dr. Lu is the Head of the Ophthalmology Division at the Scarborough Health Network and an assistant Professor at the University Of Toronto. Dr. Lu is fluent in English, Cantonese, Mandarin and Shanghainese.

On August 24, 2015, Dr. Lu performed the first Laser Cataract surgery at the Toronto Scarborough Hospital, the first Laser cataract surgery done in an Ontario Province Public Hospital. Dr. Lu specializes in laser and cataract surgeries for glaucoma and cataract patients at her clinic in Toronto. She was one of the first ophthalmologists in North America to implant multifocal intraocular lenses (IOLs).

In addition to her clinic and surgical practice, Dr. Lu is an professor at the Faculty of Medicine and the Department of Ophthalmology and Vision Sciences at the University of Toronto where she teaches the next generation of ophthalmologists and physicians . Dr. Lu received the University of Toronto MD Program Teaching Excellence Award in recognition of her outstanding teaching for two consecutive years of 2019 and 2020.

In addition to practicing ophthalmology and teaching, Dr. Lu regularly volunteers for the community including the ORBIS international Flying Hospital, SHN Foundation, Canadian Chinese Legend Association, Annual Canadian Cancer Society fundraising Galas, CareFirst Seniors & Community Service Association, the Mount Sinai Hospital ophthalmology outreach program and Action Chinese Canadians Together (ACCT) Foundation and other charity organizations for her community and country.

For Dr. Lu's achievements and contribution to Canadian society, Dr. Lu is the recipient of Chinese Canadian Legend Award in 2008. In 2019, Dr. Lu was awarded the Ontario Volunteer Service Award by the Ontario Government for her long-standing volunteerism. Most recently on June 10, 2022, Dr. Lu received Queen Elizabeth II Platinum Jubilee Award for her outstanding public service and significant contribution to the community.



Master of Ceremonies
Chinese Canadian Legend Award Gala

Glenn Chan

A long-time volunteer for various charity causes in the community over the past two decades, Glenn is now a full-time volunteer dedicated to helping different charity organizations, including Buddha's Light International Association of Toronto (BLIA of Toronto), Golden Daffodil Chinese Outreach (GDE CCO), Fu Hui Education Foundation and Chinese Canadian Legends Association (CCLA).

Educated in Canada from high school to University as a foreign student, he returned as an entrepreneur immigrant in 1993 and established a successful business here. Yet, he believes in integrating his faith into daily life through kindness, compassion, and sharing with others, especially those in need in the community.

He had been the former President of BLIA of Toronto for 12 years, and from 2013 till now Director of BLIA Headquarter. Since 2005, he joined the Golden Daffodil Endowment Fund (GDEF) to help raise funds for Canadian Cancer Society through the Golden Donation Endowment Canadian Chinese Outreach (GDECCO), serving as Fundraising Chair for multiple years, as well as Co-chair for the annual Golden Daffodil Charity Ball.

Glenn's involvement with CCLA started since 2008 when he became an Award recipient. Through the years, he had served in different roles for the Award Gala, including Production Manager and Operation Chair. In his debut as the Master of Ceremony for CCLA Gala this year, he is thrilled about expanding his capacity and exploring new areas to support charity groups.

His dedication has not only earned him the Ontario Volunteer Service Award multiple times; his achievements and exemplary work also made him a role model for the community and the younger generation.

編者感言

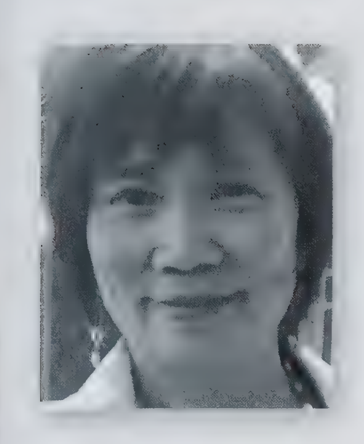
何湯淑芬
紅楓傳奇編輯

紅楓傳奇人物選舉昂然進入二十三屆，共記述了142位獲獎人士的事蹟，一系列滿載了人生百味的傳奇，讓人體會到只要積極面對，迎難而上，必能另創一片天地。

紅楓傳奇寫的是激勵人心的真人真事，一字一句記載了各人奮發進取的成功例子。給讀者提供了養分，為身處逆境的注入重新打拼的奮鬥心。

今屆得獎人物更有先僑的後裔，記述了在困難不公的環境，努力地衝破萬難，改寫自己的人生。也有遇上伯樂，被提携被栽培，讓人生邁進成功的階段。童年的不幸遭遇，卻造就了努力不懈解決困難的態度。語言隔膜，無礙奮發向上的能力。也有靈活應變，在逆境重建人生，回饋社會。也有因為經歷少數族裔的困難，努力促進社會和諧共融。

位位人物都是靠著努力不屈的毅力，創造精彩閃亮的人生。總括而言，紅楓傳奇的得獎人都是值得我們學習的。



編輯簡介 ARTICLE EDITOR

鍾蕙蘭 Connie Woo

Connie has been on the Chinese Canadian Legend Award Organizing Committee since 2007.

She is delighted to be working as article editor on this 23rd CCLA issue with writers Annie Qin, Terri Lai and Louisa Lue-Chan.

This year's gala has special meaning for Connie, because her sister Frances Chung is one of this year's six recipients. Her bio begins with the poignant story of their father's death at the age of 33, but what is not covered is the circumstances surrounding his death. You see, in those colonial times, only British nationals were appointed to fill the senior ranks in the Fire Services.

These British parachuted in from the United Kingdom had little understanding of the Hong Kong building structures. Even though the building had become unsafe after the fire, reportedly their father was ordered by the site commander to go inside. His preventable death was an indictment against the colonial system.

Connie is very proud of her sister and her accomplishments, as well as the outstanding achievements of the other five Chinese Canadian recipients. Their stories speak for themselves.

The history of colonialism is long behind us and we can aspire to reach any heights we wish.

May this year's stories of triumph over adversity move and inspire you!

Connie Woo



作者簡介 WRITER

金綺文 Annie Qiwen Jin

Annie Jin is a freelance writer and translator currently residing in Vaughan, Ontario. With over 20 years of experience in public relations and communications, she has worked in both Chinese and Canadian government sectors, as well as transnational corporate environment.

Throughot her career, Annie has contributed her writings to various media platforms, including Financial Times Chinese, covering a wide range of topics from cultural to social and political issues. Additionally, she has published translation works.

Annie holds a Master's degree in Cultural Studies from Goldsmiths College, University of London, U.K., and a Master's degree in English Language and Literature from Yunnan University, China. In 2002, she was honored as a Chevening scholar.

金綺文目前居於安大略省旺市，從事自由寫作和翻譯。她曾在中加兩國政府部門和跨國企業工作過，在公共關係和傳播領域擁有超過20年的經驗。

她在英國《金融時報》中文網等多家媒體平臺上發表過多篇作品，並出版過翻譯作品。她寫作的範圍涵蓋文化、社會和政治議題。

她曾是2002年英國誌奮領學者，擁有英國倫敦大學歌德史密斯學院的文化研究碩士學位，以及中國雲南大學的英語語言文學碩士學位。



作者簡介 WRITER

余嘉穎 **Louisa Yue-Chan**

Louisa was born in Hong Kong and moved to Canada in her teens. After getting an undergrad degree in Food and Nutrition at Western University, she completed a dietetic internship at St Michael's Hospital in Toronto.

She has lived in Toronto eversince, where she worked in first, clinical, then later, administrative Dietetics at The Donwood Institute, an addiction treatment hospital. In 1996, Louisa started part time MBA studies at the University of Toronto, where she focused on organizational development and culture.

When Donwood merged with three other hospitals to become the Centre for Addiction and Mental Health (CAMH), Louisa co-chaired a Culture Committee, with representatives from all four hospitals, to understand and bridge all the subcultures of the four hospitals that merged to become CAMH.

Upon graduating from the University of Toronto, Louisa transitioned to occupational health and safety consulting for almost a decade before eventually returning to health care. She worked in operations management at the Victorian Order of Nurses, Canada's largest home and community care, until her retirement in early 2022.

In retirement Louisa keeps busy with Tai Chi, Pilates, hiking, online courses, volunteer work and travels whenever possible. But her greatest joy comes from her three grandchildren who keep her young with their curiosity and imaginative play.



作者簡介 WRITER

黎曉玫 Terri Lai

畢業於香港大學。歷任香港科技大學助理處長，申訴專員公署總調查主任和康樂及文化事務署高級宣傳主任。另曾在公營和私營機構負責公共事務和企業傳訊的領域。

靠把聲：曾任英國廣播公司節目監製/主持人，英國航空公司音樂節目主持人及香港商業電台突破時刻節目主持人。靠支筆：曾是加拿大《星島日報》編輯及香港《明報》專欄作者。

於人生下半場，盼是徜徉天地間的閒雲野鶴，興之所至時，或歌唱或聲演或筆耕。明白生也有涯，嘗試耕好自己心田之餘，也喜歡跨媒體創作。

因相信文字書法音樂舞蹈影像等，如用得其所，可超越凡塵俗世的紛擾喧鬧，步向真善美之所在。與此同時，若可回饋社會，於願足矣。

Graduated from University of Hong Kong, Terri has served as Assistant Director at Hong Kong University of Science and Technology, Chief Investigation Officer at Office of the Ombudsman, and Senior Publicity Executive at Leisure and Cultural Services Department. She has also served at other public and private corporations, with roles in public affairs and corporate communications.

She was a program producer/host of BBC World Service, host of British Airways music program and host of Hong Kong Commercial Radio " Breakthrough Moment" program. She was also an editor of Sing Tao Daily (Canada) and a columnist of Ming Pao (Hong Kong).

Aside from her career, she also muses upon how short life could be.

While cultivating her inner self, she also enjoys getting involved with multi-media projects. She believes that the power of words, calligraphy, music, dance, images etc., if used creatively and aptly, would transcend the conflicts and hustle bustle of the mundane world, and move towards the realms of truth, goodness and beauty. Along this path, if she can also give back to the society, that is her humble wish.



Chinese Canadian Legend Award Gala July 29, 2023

CHINESE CANADIAN

Chinese Canadian Legend Award Gala July 29, 2023



Selection Committee Meeting 2024



2024 Chinese Canadian Legend Award Recipients:

Wayne Chiu
Frances Chung
Adrienne Clarkson
Lillian Quan Dyck
Kai Liu
Peter Liu

This book has been written on the basis of information and material provided to the authors and Chinese Canadian Legends Association by the persons interviewed. The authors and Chinese Canadian Legends Association do not guarantee the accuracy nor authenticity of such information and material. The opinions expressed and or implied by the persons interviewed do not reflect the opinions of the authors and Chinese Canadian Legends Association.

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Chinese Canadian Legends Association
紅楓傳奇協會

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This book cover design embodies a tree formed by both hands, symbolizing harmony, unity, nurturing, and love for cherished values.

這本書的封面設計呈現了一棵以雙手形成的樹，象徵着團結，和諧, 培育和對珍貴價值觀的熱愛.

